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March 2011
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GoodFood

MIDDLE EAST

Bake it!

- Lemon & blueberry loaf cake
- Peach & almond muffins
- Easy fluffy scones

WIN! EMBER FASHION WEEKEND LUNCH FOR TWO!

MONEY-WISE DINNERS

MEAT-FREE BBQ

THE MEX FACTOR

Anthony Bourdain's NEW YORK



Treats for Mother's Day

BBC GoodFood Middle East Awards

FULL AWARDS COVERAGE INSIDE...

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EVERYDAY

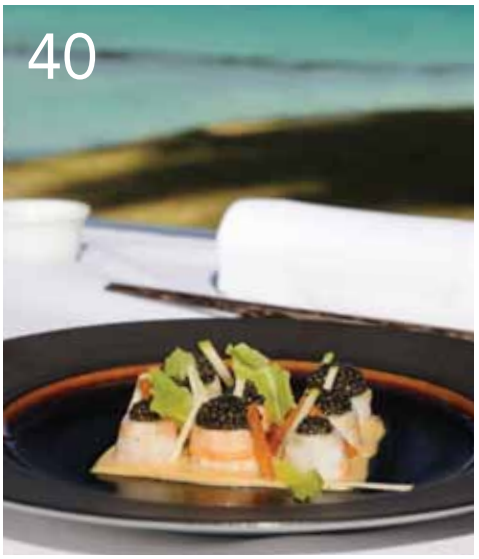
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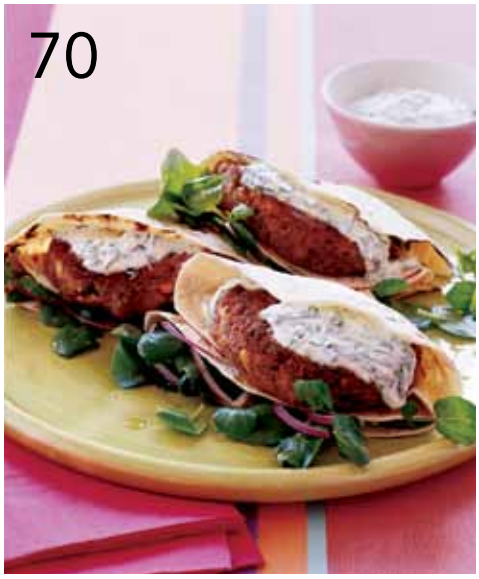
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Our recipe descriptions

- V **Suitable for vegetarians**
- **You can freeze it**
- **Not suitable for freezing**
- P **Contains pork**
- **Contains alcohol**
- ☑ **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- **Low fat** 12g or less per portion.
- **Good for you** Low in saturated fat, low in salt.
- **Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork P
- contains alcohol

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Win
Ember Fashion Weekend Lunch for two at The Address Dubai Mall

Details on page 7



EDITOR'S NOTE



Culinary celebrations

Last month was incredibly exciting and rewarding, albeit exhausting, month for the *BBC Good Food ME* team. After months of hard work and preparation, the first BBC Good Food ME Awards came to life, becoming the first food awards in the region that take into account consumer votes alongside the choices made by a panel of industry professionals.

Thank you to everyone who voted for their favourite restaurants, we had an overwhelming response in both the nomination and voting stages of the competition, which is a testament to our vibrant community of food lovers, here in the UAE. Congratulations to the finalists and winners alike, it was fantastic to see so many diverse restaurants of amazing quality in our awards. We have full coverage of the ceremony and winners in this month's issue, so be sure to check it out on page 30.

With Mother's Day happening this month, we also have some inspiring features for mums and kids to enjoy. Our cover star, the tangy blueberry and lemon curd tart and other inspiring bakes line the pages of the weekend section and on page 52, there is a beautiful roast lamb feast for the whole family.

I hope to see many of you at Taste of Dubai from 3 to 5 March, have a fantastic month of good food and good company.

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor
lauren@cpidubai.com



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PAGE 68 | It's **BBQ** time!

BBC Magazines

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Wine, dine and we'll drive at Desert Palm Dubai

Daring to be different, Rare Restaurant's menu is evolving. Under the direction of new Executive Chef Kevin Little, this award winning restaurant is gaining elements of a modern international grill with an emphasis on simple, healthy, fresh seafood and vegetarian options as well as the some of the best cuts of meats.

Guests can enjoy a seasonal selection featuring the best available international seafood such as, lobster, crab, oysters, Tasmanian ocean trout, cod, whole grilled sea bass, jumbo tiger prawns. Creative vegetarian options such as warm goats cheese with date and olive tapenade and traditional cuts of meat from the 300 day grain fed Australian Black Angus that have made this restaurant one of the top rated hotspots in Dubai.

Sauces and side dishes have been revamped with options such as wild mushroom, thyme and beef jus, green peppercorn and caramelised onion and the interesting combination of gorgonzola, shallot and walnut butter.

Hand cut chips with roast garlic aioli, poached green and white asparagus with manchego butter and roasted parsnip with almond and parsley pesto are some of the delicious sides on offer.

A favourite on the menu is the traditional English cheese board, complete with a selection of farmhouse cheeses, that includes Montgomery Cheddar, Applebys Double Gloucester, Cashel Blue and Stinking Bishop & Woolsery. Desert Palm is one of the few places in Dubai where these exceptional cheeses are served together.

Rare Restaurant is open Monday – Saturday from 7pm – 11pm. Located at Desert Palm Retreat by Per AQUUM guests can book a table inside the restaurant next to the open kitchen or outside on the terrace overlooking the polo fields and Dubai Skyline. Please call Desert Palm on 04 323 8888, email info@desertpalm.ae or visit www.desertpalm.ae

CHEF KEVIN RECOMMENDS...



The seared Canadian scallops with champagne risotto and a delicious vegetarian dish of warm goat's cheese with olive tapenade.

"We do not over-complicated the dishes. Our sea bass is baked with a citrus and almond topping and served with white bean hummus and new potatoes."





SPECIAL OFFER: WINE, DINE & WE'LL DRIVE!

Enjoy a three course-meal for two in Rare Restaurant, including a glass of house wine per person and we'll organise your complimentary Safedriver home. Price per couple is ONLY AED 600!

NB available for pre-bookings from Monday to Saturday.

Top 10 foodie moments

On the hunt for great culinary moments, *BBC Good Food ME* presents 10 of our best

1



From 3 to 5 March from midday to midnight, the Dubai Media City Amphitheatre will be a festival of delicious food and live musical entertainment for Taste of Dubai 2011.

Over 20 restaurants are participating in this year's festival, and guests can enjoy a array of tasters from the stalls, master the art of cooking with top chefs at the Miele Cooking School, mingle with celebrity chefs such as Gary Rhodes, Vineet Bhatia and Jun Tanaka and enjoy many more alfresco delights.

Be sure to visit the *BBC Good Food ME* stand to meet the team, sign up to our Food Club (if you aren't a member already) and pick up a bag filled with goodies. In association with Kenwood, we will be giving cakes, cookies and other baked goods away for charity, so please stop by to support the cause.

2

Family fun brunch at Hyatt Regency Dubai

Spoil the whole family this Mother's Day with a casual afternoon of international cuisine and bubbly at Hyatt Regency Dubai.

For the month of March you can enjoy the Moet & Chandon champagne brunch for AED 399 per adult, and kids under 12 eat for free.

3



HAVE YOUR DUCK AND EAT IT

For the whole of this month, diners can enjoy duck starters, soups, and main courses for AED 188 at The China Club, Radisson Blu Hotel Dubai Deira Creek.

Order one whole duck at the discounted price, and Chinese master chef Fu and The China Club team will create different variations of your favourite duck-based dishes.

Some signature duck dishes at the restaurant include stir fried minced duck with vegetables, duck soup and duck pancakes. The China Club is open for lunch from 12.30 to 15.30 and for dinner from 19.30 to 23.30.

4 La Dolce Vita at Lafayette Gourmet

Lafayette Gourmet is celebrating Italian cuisine from 3 to 12 March 2011 with *belissimo* tastes of Italian food that include specially-prepared menus, ready-to-cook meats and five tasting stations inspired by Italian cities.

Lafayette Gourmet is situated within Galeries Lafayette, Dubai Mall.



foodie moments

5 EMBER FASHION WEEKEND LUNCH

Don't miss the fashion buffet lunch at Ember Grill & Lounge in the heart of Dubai Mall's Fashion Avenue. Accessorise your steak with stunning sauces, mix and match appetisers, sides and desserts, and enjoy a glass of house beverage for just AED 180.

The Fashion Weekend Lunch takes place at Ember, The Address Dubai Mall from 12.30 to 16.00 every Friday and Saturday. Call +971 4 438 8999 or email dine.dubaimall@theaddress.com to make your reservations.



WIN WIN WIN
Win an Ember Fashion Weekend Lunch for two with *BBC Good Food ME* and The Address Dubai Mall. Simply email you name and contact details to competitions@bbcgoodfoodme.com to stand a chance to win.

6



Jones the Grocer opens second outlet in Abu Dhabi

Australian food emporium concept Jones the Grocer is focused on providing natural, preservative- and additive-free ingredients and products from artisan suppliers from Australia and the rest of the world. The new outlet in Pearl Plaza Tower Abu Dhabi will feature one of the UAE's largest walk in cheese rooms, a coffee tastings counter where Bunsen burners will burn the coffee beans in test tubes and let you smell and taste the beans, and a tea tasting area where the leaves will be simmered at the optimum temperatures for tasting.

Foodie heaven, *BBC Good Food ME* is excited about the news that Jones the Grocer will be coming to Dubai soon too.

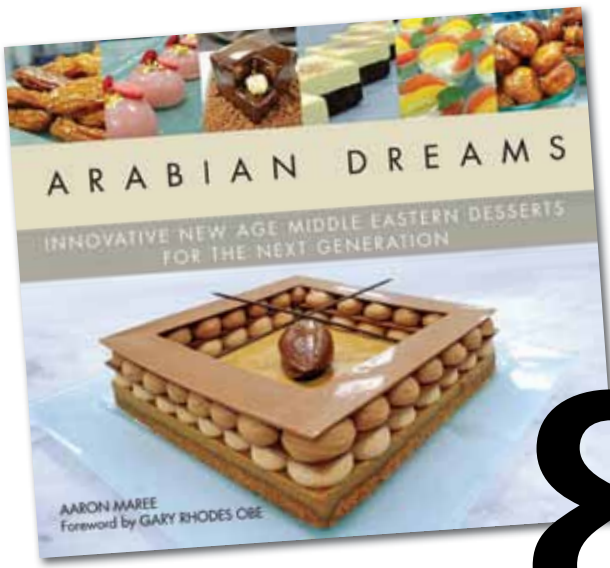
7 IRANIAN NEW YEAR CELEBRATIONS AT SHABESTAN, RADISSON DEIRA CREEK

Enjoy a feast of Iranian fare at Shabestan from 21 to 31 March in celebrate of the country's New Year.

To mark the occasion, Shabestan will be presenting a special traditional set menu available for lunch and dinner during which a live band will be performing famous Iranian songs.



foodie moments



8

Pastry chef Aaron Maree's *Arabian Dreams*

Ten years since his last publishing venture, pastry chef Aaron Maree's new cookbook, *Arabian Dreams* has been shortlisted for the Gourmands Cookbook Awards, 'Best in the World 2010, Arabic Titles' category. As part of the Emirates Airline Festival of Literature, Maree will be in Dubai on 12 March to promote the book as part of the festival's 'foodie panel'.

Maree is author of more than a dozen cookbooks, published between 1990 and 2001, including the worldwide best selling *Cakes Tortes and Gateaux of the World, Patisserie an Encyclopedia, Classic Desserts, Sweet Health.* His latest creation, *Arabian Dreams* is a collection of 50 dishes, and about 150 recipes with major chapters on his philosophy of food from the Middle East, the region he has called home for the better part of the past decade.

"*Arabian Dreams* came from a desire to give back to the Middle East. It is such a wonderful experience living here, yet there are few avenues for many in the hospitality industry to seek further education and greater learning in the fields of culinary arts. *Arabian Dreams* is the first of a new series of books I am working on to help train the new chefs of the Middle East on the basics as well as inspire them to greater dishes. It is also a great educational tool outside of the Middle East to show people the diversity of what the Middle East is currently eating," said Maree.



9

Gluten and dairy-free cupcakes from Kitsch

Kitsch Cupcakes has recently launched the 'healthy cupcakes family' that include gluten-free, dairy-free, eggless and low-fat options. While the thought of 'healthy' cakes might sound tasteless, *BBC Good Food ME* are delighted that the flavours and textures of the cupcakes are just as delicious as ever. Caramel and white chocolate, lemon, as well as vanilla and cream cheese are some of the flavours you can enjoy in the new healthy range.

10



CHEF'S TABLE ACTION AT VERRE BY **GORDON RAMSAY**

Be right in the heart of the action, at The Chef's Table at Verre by Gordon Ramsay as executive chef Scott Price delivers an inventive nine-course menu for AED 695 per person.

With a direct view of the kitchen's central pass, the table's semi private location allows you to soak up the buzz of a Gordon Ramsay kitchen in full flow while the chic restaurant interior sets the stage for the fantastic food. Specifically created for The Chef's Table, Chef Scott's surprise menu changes to include the freshest seasonal ingredients on offer.

Verre by Gordon Ramsay is located in the Hilton Dubai Creek hotel. The Chef's Table seats up to eight persons.

IN BRIEF:

A sad farewell to chef Santi Santamaria

On 16 February 2011, Santi Santamaria, the first Catalan chef to receive three Michelin stars passed away after he collapsed in his Singaporean restaurant Santi.

A self-taught chef, Chef Santamaria never received any formal training, and went on to become one of the world's most influential chefs of his generation. His secret was to use the purest ingredients in extraordinary ways. His first restaurant El Raco de Can Fabes opened in 1981 and by 1994 had achieved the honour of being awarded with three Michelin stars. He has held onto this achievement since; never dropping a star. Not stopping there, Chef Santamaria has amassed seven-Michelin-star at his various establishments.

Chef Santi Santamaria's restaurant in the UAE, Ossiano, is located in Atlantis, The Palm Jumeirah Dubai.

"Ossiano is the pearl of [the Atlantis] for the quality of food and service provided, and I think it has one of the most exclusive and elegant atmospheres in the Middle East," said Chef Santi Santamaria, during an interview with *BBC Good Food ME* in April 2010.



Chi'Zen restaurant and lounge offers an entirely new and exclusive culinary journey of its own. Offering stunning Cantonese cuisine in a sumptuous setting that overlooks the Marina, it is a definite must-experience. Enjoy some of its mouth watering offers that guarantee to leave you wanting more.

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From mother's kitchen

Suzanne Husseini reminisces about her mother's soulful cooking and simmering lemony lentil soup

The loveliest memories of my mother were always in the kitchen, where the smell of coffee and home-baked bread was so much part of our life. She lovingly made everything from scratch for us, and that is something I will never forget.

Immigrating to Canada with four children, without knowing anyone or speaking the language, made it a very lonely time for my mother back then. She poured her soul into providing the best meals for us, and her food was the comfort I remember coming home to everyday after school.

I can still taste the homemade jam and butter on freshly-baked Arabic bread, and the falafel and hummus and the date-filled pastries she made by the hundreds for us to enjoy and share with our friends and neighbors. I particularly recall that whenever it rained she would look out the window and say *yawm adas* or lentil soup day! That ritual still sticks today, and when it rains I find myself reaching for the lentils, in a way, longing for that moment that brought me such joy as a child.

Food memories take us back to a place and time, most profoundly in our mother's kitchens. My mother was an amazing cook, but that's not really what made the food she created so special. Not all mothers have the flair for whipping up a five-star meal, but it's really all about the love you put into the food you prepare. There is an old Arabic proverb that states that if you're not feeling happy, stay away from the kitchen. The idea is that you can't produce something tasty if your heart and soul are not on the menu.

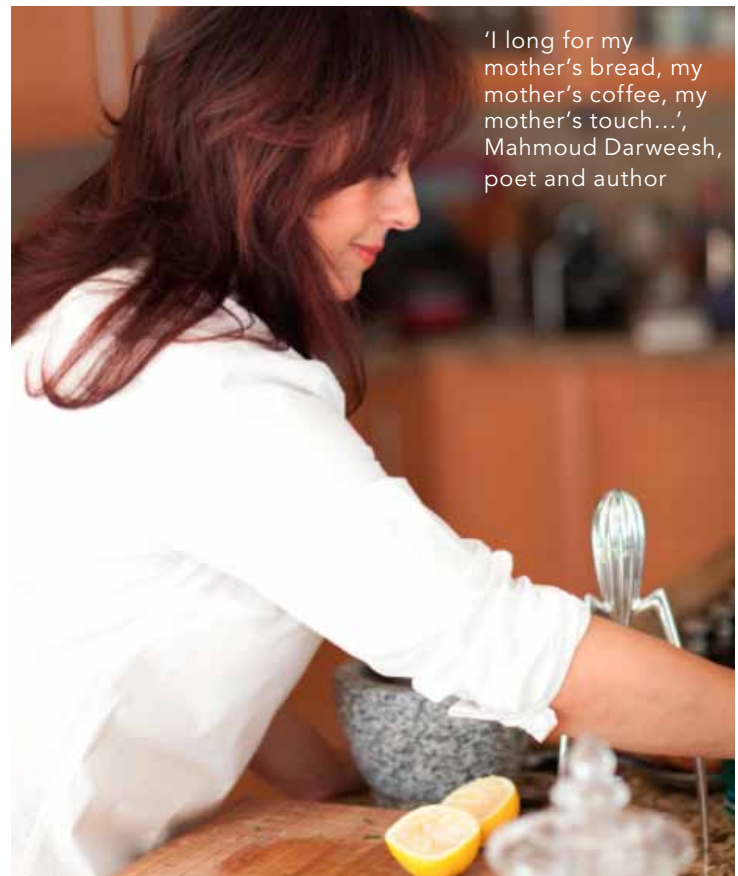
Mothers play an integral part in their children's lives, on many levels of course, but the learning and the skills taught in the kitchen are priceless. First hand experience of what goes into a dish, and where food comes from will instil a respect for the people who produce it. Passing down recipes and traditions are life lessons, and a way of preserving culture. And, a day of measuring ingredients, estimating, chopping and stirring is a chemistry and math class all in one. Cooking with your children is a delicious adventure!

For two weeks last month, at Gourmet Abu Dhabi, I had the pleasure of meeting remarkable Michelin-starred chefs who can make you swoon with their delicious and artistic creations. I asked a number of them what their most memorable meal is. They, without hesitation and with a twinkle in their eye, said "my mother's food" and from there the memories and stories followed…

I wasn't surprised by their answers, as that is the essence; it's the food made with love and care that is most touching and memorable. For me, the challenges of living in a new country, making friends and trying to fit in was always lightened by knowing I was coming home to the familiar sounds and smells that permeated from my mother's loving kitchen. It was always the place where we shared the best stories, made a mess trying our hand at baking, and savoured good times.

I would like to celebrate and honour all the women and mothers of the world by saying that every day is women's day and every day is mother's day.

Suzanne Husseini is an Arabic cooking show presenter and author of When Suzanne Cooks. *Suzanne will be a part of this year's Taste of Dubai from 3 to 5 March 2011. For more information on Suzanne visit www.suzannehusseini.com.*



'I long for my mother's bread, my mother's coffee, my mother's touch…', Mahmoud Darweesh, poet and author

Photography PETRINA TINSLAY



Lemony lentil soup with Swiss chard

6–8 SERVINGS

4 tbs olive oil
2 medium onions, finely chopped
1 ¶ cups puy lentils
5 cups chicken stock
4 medium potatoes, peeled and diced
3 handfuls swiss chard, sliced
1 tsp allspice
salt and pepper
juice of 1 lemon or more
taklia

In a large pot heat the olive oil. Add in the onions and sautée until slightly soft. Stir in the lentils. Pour in the stock, bringing up to a boil.Skim off the foam that floats to the surface. After 5 minutes add in the diced potatoes and swiss chard. Season with salt and pepper and allspice. Turn down the heat and simmer until the potatoes and lentils are cooked.

Prepare the fragrant taklia, add it to the soup and leave to simmer for 5 minutes. Taste to see if it needs more salt and adjust the seasoning. Turn off the heat. Just before serving pour in the lemon juice. Serve with nice crusty bread on the side and more lemon wedges.

Rolling with YO! Sushi

California rolls, slivers of sashimi piled on sticky rice, bite-size maki and dried seaweed cones filled to the brim, *Lauren Hills* tried her hand at sushi making with chef Francis Danganan of YO! Sushi Mirdif City Centre



"A meal should always include something from the mountain and something from the sea," goes the old Japanese saying. Sushi, with its rice, dried seaweed, fresh fish, wasabi, ginger and soy sauce most certainly follows this.

Colourful and intricate to look at, with tantalising flavour combinations, Chef Francis Danganan of YO! Sushi says that the beauty of this Japanese culinary form is in its simplicity.

The understanding of ingredients is important in creating sushi at home. While the methods need time and practice to master, the core ingredients of sticky white rice, dried seaweed (nori), fresh pieces of fish, avocado, and other vegetables such as cucumber remain at the core.

At the YO! Sushi masterclass, that took place at the Mirdif City Centre branch, we learned four of the classic sushi variations; the nigiri, maki, California roll (inside-out roll) and the handroll.

The nigiri is made up of fingers of sticky white rice, with a topping of fish such as prawn, salmon or crab. The rice fingers and the toppings are often banded together with nori ribbons if the topping does not stick to the rice easily.

The maki is the variation with the dried seaweed on the outside and the rice and vegetable/seafood filling in the centre, and the California roll is made with rice on the outside, the seaweed on the inside and a filling in the middle.

The handroll, which looks almost like a bouquet of flowers, is made 100 percent by hand, and not on the bamboo mat surface like the other sushi variations.

Chef Francis patiently took me through creating each type of sushi, and I'll be sure to try it at home soon.

Learn to make a crab California roll

1 Place a sheet of nori (dried seaweed) on a bamboo mat covered in cling-film. (Dried seaweed and bamboo mats are available at many supermarkets)
2 Press the sticky white rice onto the nori, so that it is a few millimetres thick. Be sure to leave a strip of nori clear on one end, so that you can easily connect the ends when rolling the sushi.
3 Spread a layer of fish roe onto the rice, and turn the nori over so that the rice and roe is lying flat against the bamboo mat.
4 In the centre of the rice, place a double layer of crabsticks and place two slices of avocado on top of the crab.
5 Smear a bit of mayonnaise on one side of the crab sticks.
6 Starting with the edge of nori that is not covered in rice, use the bamboo mat to roll the sushi firmly, using thumb, index finger and middle finger, supporting the sushi as you roll. Do not squeeze it too hard, as the filling will be pushed out the sides.
7 Once you have rolled the sushi into a tube, cut into four pieces, about two centimetres in diametre, and serve..





SUSHI-MAKING CLASSES FOR BEGINNERS

If you like sushi and would like to learn how to make it from the pros, the YO! Sushi sushi making classes for beginners is just for you. Learn the ins and outs of sushi making in a fun and interactive environment, where you will get hands-on help and have the chance to eat the food you made – if you want to that is.

The Sushi cooking classes are held at YO! Sushi in Mirdif City Centre and last approximately 90 minutes. Each session includes lunch or dinner, an apron and a YO! Sushi certificate. The cost of the class is AED 150 per person.



Indulge in a Saturday Gourmet Brunch at Le Classique

Embark on a culinary adventure with Chef Francois every Saturday in the award winning Le Classique restaurant.

Enjoy an endless starter and dessert buffet along with an unlimited a la carte main course menu, all for AED 190 food only or AED 320 including your choice from a dozen varieties of red and white.

Brunch is served from 12:00 noon to 15:30. Children aged 12 years and above are welcome.

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For bookings and enquiries, please contact Emirates Golf Club
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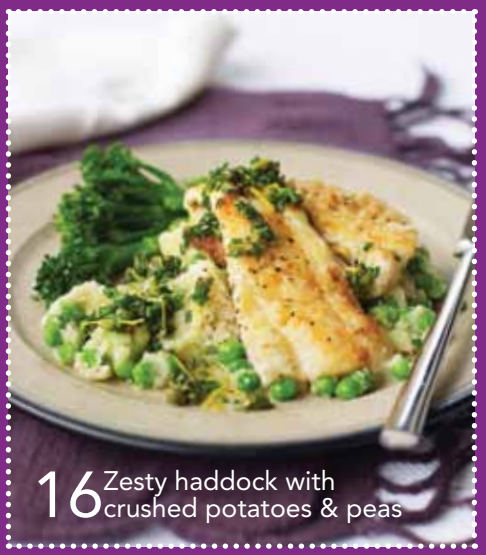
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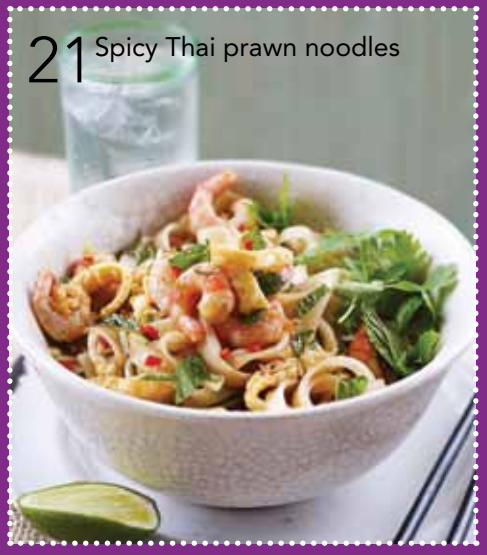






Everyday recipes

- Make it tonight
- A good catch
- Home-from-school suppers
- The perfect pancake







Make it tonight

Inspiration for your midweek suppers this month with quick and easy recipes, plus plenty of tips and twists to keep things interesting

RECIPES **JEMMA MORPHET**
PHOTOGRAPHS **WILL HEAP**

Zesty haddock with crushed potatoes & peas

SERVES 4 ● PREP 15 MINS ● COOK 20 MINS Easy ***Superhealthy*** *Good source of vitamin C, low fat*

600g/1lb 5oz floury potatoes, unpeeled, cut into chunks
140g/5oz frozen peas
2½ tbsp extra virgin olive oil
juice and zest ½ lemon
1 tbsp capers, roughly chopped
2 tbsp snipped chives
4 haddock or other chunky white fish fillets, about 120g each (or use 2 small per person)
2 tbsp plain flour
broccoli, to serve

1 Cover the potatoes in cold water, bring to the boil, then turn to a simmer. Cook for 10 mins until tender, adding peas for the final min of cooking. Drain and roughly crush together, adding plenty of seasoning and 1 tbsp oil. Keep warm.
2 Meanwhile, for the dressing, mix 1 tbsp oil, the lemon juice and zest, capers and chives with some seasoning.
3 Dust the fish in the flour, tapping off any excess and season. Heat remaining oil in a non-stick frying pan. Fry the fish for 2-3 mins on each side until cooked, then add the dressing and warm through. Serve with the crush and broccoli.

PER SERVING 305 kcals, protein 28g, carbs 31g, fat 8g, sat fat 1g, fibre 4g, sugar 2g, salt 0.71g



Free-form Florentine pie

SERVES 4 ● PREP 10 MINS ● COOK 35 MINS
Easy V

2 tsp olive oil
400g bag fresh spinach
250g tub ricotta, grating of nutmeg
375g ready-rolled puff pastry sheet
4 medium eggs

1 Heat oven to 220C/200C fan/gas 7. Heat the oil in a large saucepan. Add the spinach and cook until wilted, then drain and thoroughly squeeze out as much liquid as possible. Mix with the ricotta, nutmeg and plenty of seasoning.
2 Lay the pastry on a baking sheet and pinch up the edges to form a lip all round. Prick the base all over with a fork, so the pastry doesn't puff up too much. Bake for 15 mins or until the pastry is light brown.
3 Remove from oven and press the pastry down if it has puffed up. Pile in the spinach mix, leaving four clear areas for the eggs to go into. Carefully crack an egg into each space. Season and pop back in the oven for a further 10-15 mins until the white is set and yolk is still a little runny, or to your taste.

PER SERVING 587 kcals, protein 20g, carbs 30g, fat 44g, sat fat 18g, fibre 3g, sugar 4g, salt 1.64g

MAKE IT DIFFERENT

Spinach, ricotta & onion tart

Heat 2 tbsp olive oil in a pan. Add **3 finely sliced red onions** and a **pinch of sugar** and cook for 15 mins until golden. Prepare the recipe as above for stages 1 and 2, then remove pastry as directed and pile in the spinach mix, but do not leave space for eggs. Spoon the onions over the spinach and sprinkle with **2 tbsp pine nuts**. Bake for 5 mins until the pastry is golden and cooked through.

Food styling JENNIFER JOYCE | Styling SUE ROWLANDS

MONEY WISE

Just six ingredients





Harissa lamb & houmous flatbreads

SERVES 4 ● PREP 15 MINS ● COOK 12-16 MINS Easy

2 lamb leg steaks
1 tbsp harissa
4 wholemeal flatbreads
4 tbsp ready-made houmous
2 carrots, grated
handful of parsley leaves, chopped

1 Heat the grill to high. Place the lamb on a baking tray, rub all over with the harissa and season. Grill for 6-8 mins, turning halfway through cooking. When the lamb is cooked to your liking, remove to a plate and allow to rest for a couple of mins.
2 Meanwhile, warm the flatbreads, then spread each with 1 tbsp houmous. Mix the carrot and parsley. Slice the lamb and scatter down the middle of each flatbread. Top with carrot, drizzle over any resting juices, roll up and eat.

PER SERVING 390 kcals, protein 28g, carbs 34g, fat 17g, sat fat 6g, fibre 4g, sugar 4g, salt 1.45g

Paprika pork

SERVES 4 ● PREP 10 MINS ● COOK 25 MINS Easy ***Superhealthy*** *Counts as 1 of 5-a-day*

1 tbsp olive oil
2 onions, finely sliced
400g/14oz pork fillet, trimmed of any fat, cut into thick strips
250g pack mushrooms, sliced
1½ tbsp smoked paprika
1 tbsp tomato purée
200ml/7fl oz chicken stock
100ml/3½fl oz soured cream
egg noodles, tagliatelle or rice, to serve

1 Heat the oil in a large pan, tip in the onions and cook for 10 mins until soft and golden. Add the pork and mushrooms and cook on a high heat for 3-4 mins until browned. Add the paprika and cook for 1 min more.
2 Stir in the tomato purée, then pour on the stock and simmer for 5-8 mins until the pork is cooked through. Finally, mix in the soured cream and some seasoning. Serve with egg noodles, tagliatelle or rice, and an extra dollop of soured cream, if you like.

PER SERVING 257 kcals, protein 27g, carbs 9g, fat 13g, sat fat 5g, fibre 2g, sugar 5g, salt 0.35g





Cherry chocolate meringue pots

SERVES 4 ● PREP 8 MINS ● COOK 5 MIN Easy

300ml pot double cream
4 shop-bought meringue nests, roughly broken
50g/2oz dark chocolate
8 tbsp cherry compote
(we used Bonne Maman)

Whip the cream to soft peaks, then fold in the meringue pieces. Heat the chocolate in the microwave for 30-45 secs or until melted, stirring halfway through. Spoon 2 tbsp cherry compote into each of 4 glasses, then top with the meringue mix. Drizzle melted chocolate on top of each glass and serve.

PER SERVING 504 kcals, protein 3g, carbs 27g, fat 44g, sat fat 25g, fibre 1g, sugar 26g, salt 0.08g

USE UP CHOCOLATE AND CHERRY COMPOTE

Fast choc pots

Melt **50g chocolate** and cool slightly. Stir into a **250g tub mascarpone** with a **pinch of orange zest**. Spoon into small pots and chill.When ready to eat, top with some compote and serve with **shortbread fingers**.

Kitchen gadgets

A collection of great-quality kitchen accessories from the world's finest brands, visit Tavola to add these handy kitchen gadgets to your collection



Microplane Ultimate Citrus Tool: The surgical grade stainless steel blade, with two decorative garnishing blades and a Scoring blade for easy peeling of citrus fruits. This citrus tool has an ergonomic TPR soft grip handle and a reusable plastic cover. While this tool is dishwasher safe, it also includes a hand wash cover.

Zyliss Soft Skin Peeler: Peeling fruit with soft skins like peaches or plums, as well as some softer vegetables, like tomatoes, is not all that easy to do. Some peelers tend to drag the skin and damage the fruit. A serrated peeler, such as the Zyliss Soft skin peeler, is a good solution to the problem and allows you to easily peel soft fruits and vegetables.





Microplane Premium Classic Grater series : These feature the brand's iconic long and narrow, rasp-style design that originated in the woodshop. Expertly crafted, with surgical grade stainless steel blades, the graters are razor-sharp with patented edges that effortlessly cut through hard and soft foods without tearing or shredding. Available blade types are medium ribbon, extra coarse, zester, and spice graters depending on the need – be it for Chocolate, Hard Cheese, Citrus zesting, Coconut, Ginger and Garlic.

Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548

TAVOLA

A good catch

Buying fish and seafood with a clear conscience can be confusing, but *CJ Jackson*, head of Billingsgate Seafood Training School, has recipes and advice to make light work of cooking with sustainable varieties PHOTOGRAPHS **PETER CASSIDY**



Punchy flavours

Grilled mackerel with harissa & coriander couscous

SERVES 4 ● PREP 20 MINS ● COOK 15 MINS Easy

Mackerel are best bought whole and filleted to order so you can tell just how fresh they are.

4 small whole mackerel, gutted and filleted
3 tbsp extra virgin olive oil
grated zest and juice 1 lime, plus wedges to serve
1 bunch spring onions, finely sliced
2 tbsp harissa paste (more depending on taste)
140g/5oz couscous
500ml/18fl oz hot vegetable stock
3 tbsp chopped coriander, plus sprigs to serve

1 Brush each fillet 2-3 times with a little of the olive oil and rub with the lime zest. Season and sprinkle with half the lime juice then marinate for 5 mins.
2 Heat the remaining olive oil in a large pan. Add half the onions and harissa, and stir over a medium heat for 2-3 mins. Stir in the couscous and toss to coat with the harissa. Add the hot stock, cover and remove from the heat. Stand for 5 mins, fluff with a fork and stir in the remaining spring onions, coriander, lime juice and some seasoning. Heat the grill.
3 Grill the mackerel for 3-4 mins on each side or until the flesh is opaque. Divide the couscous between 4 plates and slide a fillet on top. Serve with lime wedges.

PER SERVING 502 kcals, protein 31g, carbs 21g, fat 33g, sat fat 6g, fibre 1g, sugar 3g, salt 0.65g

Food styling LIZZIE HARRIS | Styling JO HARRIS | Healthy benefits KERRY TORRENS

Spicy Thai prawn noodles

SERVES 4 ● PREP 15 MINS ● COOK 15 MINS Easy LOW FAT

Atlantic prawns are not as big as farmed varieties, but they have a good flavour.

200g/7oz Thai rice noodles
1 tbsp sesame oil
2 eggs, beaten
1 red chilli, finely chopped
1 thumb-size piece ginger, grated
450g/1lb peeled cooked Atlantic prawns
1 tbsp soy sauce
small bunch coriander, roughly chopped
½ small bunch mint, roughly chopped
zest and juice 1 lime
small handful roasted peanuts, chopped

1 Cook the noodles following the pack instructions, drain and set aside for later. Heat the oil in a large frying pan and pour in the beaten egg. Swirl around the pan to make a thin omelette, cook for 1-2 mins, then flip over and cook the other side for 1 min. Tip out and slice into thin strips.

2 Add the chilli and ginger to the pan, fry for 1-2 mins then tip in the noodles, prawns and egg. Splash in the soy sauce and stir-fry for 1 min more. Throw in the chopped herbs and pour over the lime juice and zest, then sprinkle over the chopped peanuts and serve.

PER SERVING 385 kcals, protein 34g, carbs 42g, fat 11g, sat fat 2g, fibre 1g, sugar 1g, salt 2.80g

On the table in 30 minutes





Serve with crusty bread for a special meal for two

Mussels with red onion, cider & crème fraîche

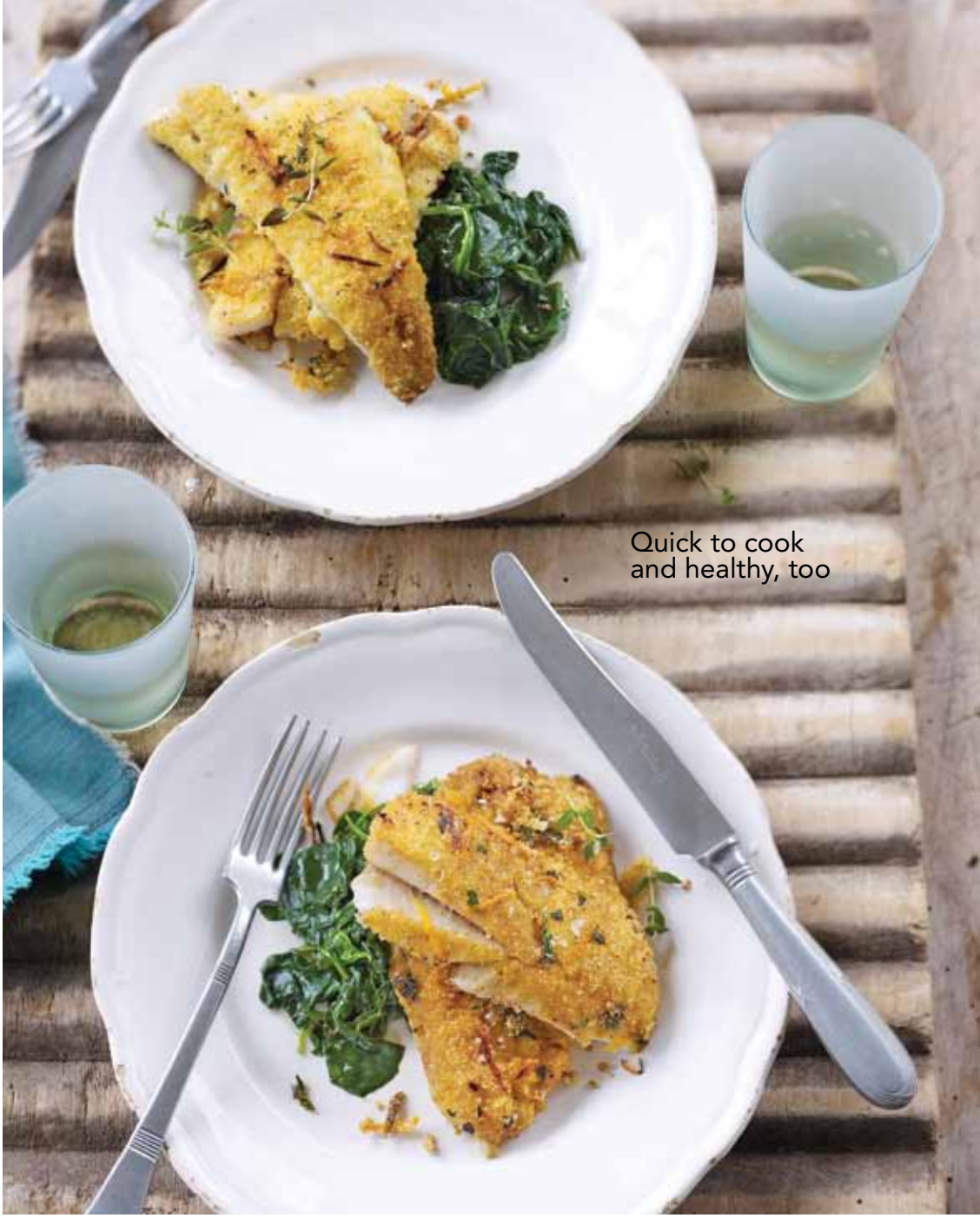
SERVES 2 ● PREP 10 MINS ● COOK 15 MINS

Easy

1kg/2lb 4oz rope-grown mussels
25g/1oz unsalted butter
2 small red onions, thinly sliced
1 garlic clove, chopped
150ml/¼pt dry cider
2 tsp finely chopped sage
150ml/¼pt half-fat crème fraîche

1 Prepare the mussels. Scrub them to remove any barnacles and pull away the beard, then discard any that are damaged or won't close when tapped.
2 Melt the butter in a large pan and cook the onions for 3-4 mins, then add the garlic. Pour the cider over and sprinkle in the sage, then bring to the boil. Turn the heat down to a simmer and cook until reduced by half.
3 Add the mussels, cover and cook over a medium heat (shaking the pan occasionally) for 3-4 mins until they have opened. Lift the mussels into a bowl and keep warm.
4 Bubble the cooking liquid in the pan for 2 mins, then carefully blend in the crème fraîche. Heat through and pour over the mussels to serve.

PER SERVING 364 kcals, protein 21g, carbs 14g, fat 24g, sat fat 14g, fibre 1g, sugar 7g, salt 1.19g



Quick to cook and healthy, too

Pan-fried white fish with polenta & orange crust

SERVES 4 ● PREP 5 MINS ● COOK 15 MINS Easy ***Superhealthy*** **Heart healthy** *The fish can be coated then chilled for a few hours before you're ready to cook it.*

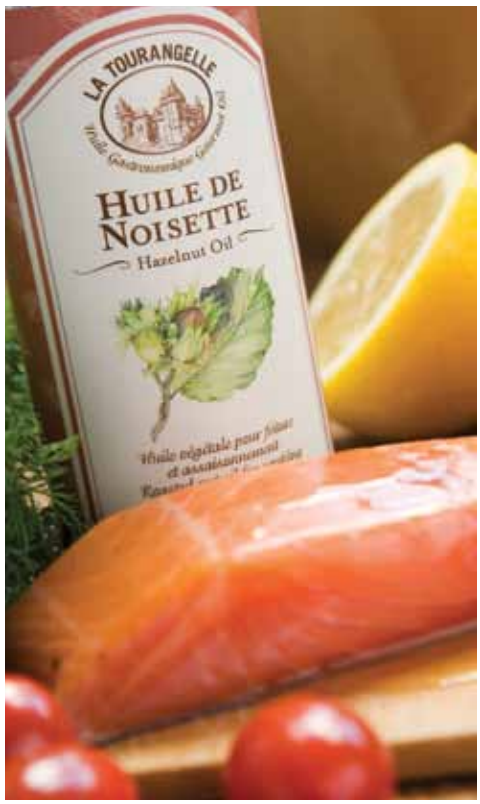
2 tbsp plain flour
4 tbsp fine polenta
grated zest ½ orange
1 tbsp thyme leaves
4 x 140g/5oz sustainable white fish fillets, skinned and boned use 2 small fillets per person
1 egg, beaten
25g/1oz butter
2 tbsp olive oil
500g/1lb 2oz baby spinach

1 Mix the flour, polenta, orange zest and thyme leaves together with some seasoning. Dip the fillets in the beaten egg then roll in the polenta mix to coat.
2 Heat the butter and olive oil in a large frying pan until foaming, add the fillets and lower the heat. Cook for 3 mins on each side. Meanwhile, wilt the spinach in a large pan, drain off the excess water, season and divide between 4 plates. Serve with the fish fillet on top.

PER SERVING 324 kcals, protein 33g, carbs 15g, fat 15g, sat fat 5g, fibre 3g, sugar 3g, salt 0.89g

La Tourangelle Trio

La Tourangelle has created the perfect gift for every food lover; a trio of delicious cooking oils that are attractively priced and available in a number of flavour combinations. The Trio gives home cooks a wide range of culinary options including delicious salad dressing, flavourings for grilled fish or pasta, and enriching breads or desserts. We explore the Walnut Oil, White Truffle Oil and Hazelnut Oil







HAZELNUT OIL

La Tourangelle handcrafts this Roasted Hazelnut Oil, strictly following 150-year-old traditional methods. Slowly roasted to perfection, expeller-pressed and lightly filtered, this oil adds a rich hazelnut taste to salad dressing, pasta, grilled meat or fish, baked pastries, and is perfect to dip with bread.

Drizzle on mashed potatoes or shepherd pie. Perfect for making salad dressing or baking pastries like chocolate cake. Enjoy it with grated carrots or seafood dishes.

WHITE TRUFFLE OIL

La Tourangelle White Truffle Oil begins with expeller-pressed Grapeseed oil, which is slowly infused with White truffle aroma following a 150-year-old French tradition. White Truffles originate in Alba and are considered by many to be the most prestigious. The strong, earthy flavor of this oil will bring a deep aroma to your dishes.

Drizzle on risotto, mashed potatoes, sauteed mushrooms or egg dishes. The oil will make a simple dish extraordinary.

WALNUT OIL

La Tourangelle handcrafts this Roasted Walnut strictly following the 150-year-old traditional methods of its French sister oil mill. Slowly roasted to perfection, expeller-pressed and lightly filtered, this oil adds a rich walnut taste to salad dressing, pasta, grilled meat or fish, baked pastries, and is perfect to dip with bread.

Perfect for making salad dressing. Drizzle on red cabbage, asparagus, vegetables or warm goat cheese. Walnut oil is a tasty substitute for butter in mashed potato and gratin.

Home-from-school SUPPERS

When children invite friends round, it can be tricky to find healthy food they'll all enjoy – but these ideas should be a hit





TIP For a simple homemade tomato sauce, soften 1 chopped onion in a little olive oil, then add a 400g can chopped tomatoes, 1 tsp sugar and some seasoning. Simmer until thickened.

Pick & mix noodle plate

SERVES 4 ● PREP 15 MINS ● COOK 20 MINS
Easy *Counts as 1 of 5-a-day, low fat*

2 boneless, skinless chicken breasts or 200g/7oz trimmed pork fillet, cut into finger-length strips
1 egg, beaten
50g/2oz breadcrumbs (use ciabatta as there's already olive oil in it, so you don't need to add any)
200g/7oz medium egg noodles
2 tbsp olive oil
4 spring onions, chopped
½ cucumber
1 large carrot
hoisin, plum or barbecue sauce, for dipping (optional)

1 Heat oven to 200C/180C fan/gas 6. Dip the meat strips into the beaten egg, drain off the excess, then roll in breadcrumbs to coat. Place on a non-stick baking sheet and bake for 15-20 mins or until crisp and cooked through.
2 Meanwhile, cook the noodles according to pack instructions. Drain and toss with olive oil and spring onions. Using a vegetable peeler, shave the cucumber and the carrot into ribbons. Pile the noodles onto serving plates along with the carrot and cucumber. Put a few chicken or pork strips alongside, and serve with a little pot of hoisin, plum or barbecue sauce for dipping, if you like.

PER SERVING (NO SAUCE) 388 kcals, protein 24g, carbs 50g, fat 12g, sat fat 2g, fibre 3g, sugar 6g, salt 0.63g

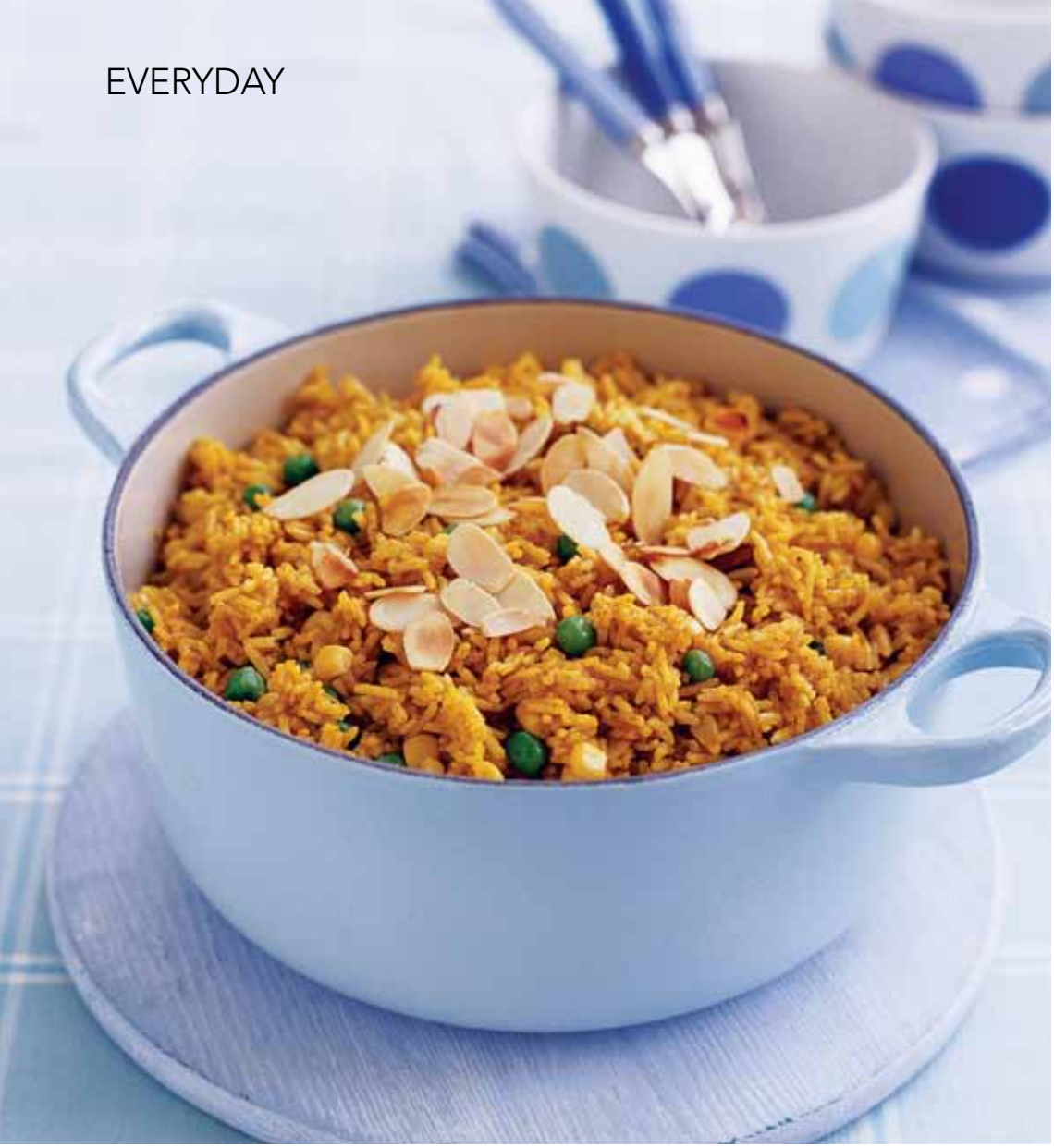
Frying pan pizza

SERVES 4 ● PREP 10 mins ● COOK 35 mins Easy ❄ V *Good source of calcium and vitamin C, counts as 1 of 5-a-day, low fat*

1 yellow pepper, deseeded and cut into chunks
1 courgette, thickly sliced
1 red onion, cut into wedges
225g/8oz self-raising flour
2 tbsp olive oil, plus 1 tsp
5 tbsp fresh tomato pasta sauce
50g/2oz strong cheddar, grated

1 Heat oven to 220C/200C fan/gas 7. Place the pepper, courgette and red onion on a large, non-stick baking tray and drizzle with 1 tsp olive oil. Season well and toss to combine. Roast in the oven for 20 mins until soft and beginning to brown. Set aside.
2 Heat the grill to medium. Season the flour and, in a large bowl, mix with the remaining oil and 4-5 tbsp water to form a soft dough. Knead briefly, then roll out on a floured surface to a rough 20cm circle. Transfer the dough to a large, ovenproof, non-stick frying pan and fry over a medium heat for 5 mins, until the underside begins to brown. Turn over and cook for a further 5 mins. Spread the tomato sauce over the base, scatter with the roasted veg, then sprinkle with cheddar.
3 Grill the pizza for 3-4 mins until the cheese has melted. Serve straight away, sliced into wedges, with a large green salad.

PER SERVING 331 kcals, protein 10g, carbs 49g, fat 12g, sat fat 4g, fibre 3g, sugar 6g, salt 0.89g



Chilli bean baguettes

SERVES 4 ● EASILY HALVED ● PREP 5 MINS ● COOK 10 MINS Easy ❄ V *Low fat*

2 x 400g cans mixed beans, drained and rinsed
1 red chilli, deseeded and chopped, or 1 tsp chilli flakes
1 garlic clove, chopped
500g carton passata (or 400g can chopped tomatoes)
2 tsp brown sugar
2 tbsp balsamic vinegar
small baguette, thickly sliced
1 tbsp grated vegetarian cheddar

1 Heat grill to high. Stir the first six ingredients together in a medium pan. Bring to the boil, then turn down the heat and simmer for 4-5 mins.
2 Meanwhile, spread the baguette slices over a baking sheet and slide under the grill. Toast on one side, turn over and sprinkle the second side with the cheese. Grill for another 1-2 mins until melted and golden brown. Season the beans to taste and serve over the cheesy toasts.

PER SERVING 275 kcals, protein 15g, carbs 50g, fat 3g, sat fat 1g, fibre 8g, sugar 11g, salt 2.38g

Nice 'n' spicy savoury rice

SERVES 4 ● PREP 15 MINS ● COOK 30 MINS Easy V Counts as 1 of 5-a-day, low fat

200g/7oz basmati rice
1 tbsp sunflower oil
1 large onion, chopped
2 garlic cloves, sliced
1 thumb-sized piece ginger, chopped
2 whole cloves
1 cinnamon stick
2 cardamom pods, cracked
1½ tsp medium curry powder
50g/2oz frozen peas
50g/2oz frozen sweetcorn
50g/2oz flaked almonds (optional)
375ml/13fl oz stock

1 Heat oven to 180C/160C fan/gas 4. Rinse and soak the rice for 10 mins.
2 Heat a large, ovenproof saucepan. Add the oil, then the onion, garlic and ginger. Cook on a low heat until the onion is soft. Add the cloves, cinnamon and cardamom pods and cook for a further 2 mins on a low heat. Add the curry powder and cook for a further 2 mins, then stir.
3 Drain the rice and add it to the saucepan. Stir so that the rice is coated in the oil and spices. Add the peas, sweetcorn and half the flaked almonds, if using. Pour over the stock and stir.
4 Cover the pan with a lid or sheet of foil, then cook in the oven for 15-20 mins. Remove from the oven, scatter with the remaining almonds, if using, and serve.

PER SERVING 247 kcals, protein 6g, carbs 49g, fat 4g, sat fat 1g, fibre 2g, sugar 4g, salt 1.09g





Hoisin wraps

SERVES 2 ● PREP 5 MINS ● COOK 5 MINS Easy *Good source of vitamin C, low fat*

200g/7oz cooked turkey or chicken, cut into strips
4 tbsp hoisin sauce
2 flour tortillas
½ cucumber, deseeded and shredded
4 spring onions, trimmed and finely shredded
good handful watercress

1 Heat the grill to high. Mix the turkey or chicken with half of the hoisin sauce so that it's coated, then spread out onto an ovenproof dish and grill until sizzling. Warm the tortillas under the grill or according to pack instructions.
2 Spread the tortillas with the rest of the sauce, then use to wrap up the turkey or chicken with the cucumber, onions and watercress. Cut in half and serve warm.

PER SERVING 302 kcals, protein 33g, carbs 31g, fat 6g, sat fat 1g, fibre 2g, sugar 12g, salt 1.81g

TIP

Watercress is classed as a superfood because it is so high in vitamin C and antioxidants, but add just a little if you're worried some children won't like it. Keep it in the fridge to add to salads and sandwiches. Its peppery flavour is delicious in mashed potato, too.



The perfect pancake

This year, make Shrove Tuesday extra special with this sophisticated rhubarb compote

RECIPE **LUCY WILLIAMS** PHOTOGRAPHS **JEAN CAZALS**

Easiest-ever pancakes

MAKES 8 ● PREP 5 MINS ● COOK 20 MINS

Easy *Good for you*

100g/4oz plain flour
1 egg, 1 egg yolk
300ml/½pt milk
1 tbsp sunflower oil, plus extra for frying

1 Sift the flour and a pinch of salt into a large bowl and make a well. Beat together the eggs and 100ml of the milk. Pour into the well. With a wooden spoon, mix together the eggs and milk, slowly incorporating the flour until you get a smooth paste. Gradually add the remaining milk until you have a smooth batter with the consistency of single cream. Stir in the oil.



2 Heat a medium-size non-stick frying pan or crêpe pan until very hot and wipe with oiled kitchen paper. Add 4 tbsp of batter (one small ladleful) and swirl around the pan, pouring out any excess. Cook over a medium heat for 1 min until golden. Use a palette knife or fish slice to flip the pancake over, then cook for a further 30 secs. Turn out onto a plate and serve while still hot. Eat with a squeeze of lemon juice and some sugar, or try our recipe, right.

PER PANCAKE 144 kcalories, protein 4g, carbohydrate 12g, fat 10g, saturated fat 2g, fibre none, sugar 2g, salt 0.07g



Looks and tastes gorgeous

Shrove Tuesday – 8 March



Rhubarb compote with vanilla crème fraîche

SERVES 4 EASILY DOUBLED ● PREP 5 MINS ● COOK 30 MINS Easy

450g/1lb rhubarb, cut into 4cm pieces
85g/3oz caster sugar
3 tbsp honey
finely grated zest and juice 1 lemon
2 vanilla pods
3 pieces stem ginger, cut into thin shards
FOR THE VANILLA CREME FRAICHE
1 tsp icing sugar
200ml/7fl oz crème fraîche

1 Heat oven to 140C/fan 120C/gas 1. Put the rhubarb pieces into a bowl and add the sugar, honey, a squeeze of lemon juice and 3 tbsp water. Mix well, then lay the pieces flat in a roasting tray. Split the vanilla pods in half, then scrape out the seeds and reserve for the vanilla crème fraîche. Add the vanilla pods to the rhubarb, then bake in the oven for 30 mins.

2 Meanwhile, stir the vanilla seeds and icing sugar into the crème fraîche. When the rhubarb is cooked, drain the juices into a pan, then boil to thicken slightly. Mix the rhubarb with the stem ginger and juices, then spoon over pancakes. Top with a spoonful of vanilla crème fraîche and a sprinkling of lemon zest.

PER SERVING 343 kcalories, protein 2g, carbohydrate 41g, fat 20g, saturated fat 13g, fibre 2g, sugar 40g, salt 0.05g

food styling VAL BARRETT | styling SUE ROWLANDS

Take a break with Continental Coffee

This Raspberry Coffee Time Muffin is best enjoyed with a hot cup of Continental Coffee. Make your coffee break a delicious one

Raspberry Coffee Time muffin

MAKES 12 Easy
PREP 20 MINS ● COOK 30 MINS

2 tbsp finely ground coffee
100g/4oz butter
50g/2oz pine nuts
1 tbsp milk
400g/14oz self-raising flour
175g/6oz golden caster sugar
1 tsp bicarbonate of soda
2 large eggs
284ml carton buttermilk or soured cream
225-250g/8-9oz fresh raspberries

1 Stir 2 tbsp boiling water into the coffee. Set aside for a few mins. Heat oven to 200C/fan 180C/gas 6. Cut out 12 x 10cm squares of baking parchment. Melt the butter, use a little to brush the insides of a deep 12-hole muffin tin, and leave the rest to cool slightly. Line the tin with the paper squares, so they stick up a bit. (Or use paper cases.) Toast half the pine nuts. Strain and mix the coffee with the milk.
2 Mix the flour, toasted pine nuts, sugar and bicarbonate of soda in a large bowl. In another bowl, beat the eggs, then mix in the buttermilk, cooled butter and coffee. Stir this into the flour mixture until almost combined – it will need only a few stirs and the mix will feel light and airy. Tip in the raspberries, give a few more stirs to finish the mixing, but don't overbeat or the mix will toughen. Spoon the mix into the muffin tins – they will be very full.
3 Scatter the rest of the pine nuts on top, and bake for about 25 mins until risen and golden. Let them cool in the tin a few minutes, then move to a cooling rack. Eat within 2 days.



BBC GoodFood MIDDLE EAST Awards

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Celebrating the best

The first BBC Good Food ME Awards ceremony took place last month, rewarding and celebrating the top chefs and restaurants in the region. *BBC Good Food ME* speaks to the winners and relives the fantastic night of foodie fun

After months of planning, researching liaising and brainstorming, the BBC Good Food ME Awards 2010, with patron sponsor Miele, has come into fruition; celebrating fourteen of the top chefs and restaurants in various categories. The nomination and voting process culminated in an exciting night of celebrations and networking at The Westin Mina Seyahi, Serdaal Ballroom on 22 February 2011, where the winners were announced.

More than 400 guests, including the UAE's top industry professionals and members of the *BBC Good Food ME* Food Club, attended the gala event that started with a buzzing pre-function of cocktails and canapés, went on to a three-course dinner and ended with the ceremony in which the much-anticipated results were made known.

To create awards that were meaningful and transparent, the *BBC Good Food ME* team put a dual voting system into place that takes into account not only the all-important consumer vote, but the decisions of a panel of industry professional judges too. The judges dined out anonymously at the finalist restaurants and made their decisions based upon criteria that took into account the quality, creativity and presentation of the food, as well as the atmosphere and service of the restaurant.

Our panel of judges included Michael Kitts, the director of culinary arts at the Emirates Academy of Hospitality Management; Arabic television personality, recipe-book author and celebrity cook, Suzanne Husseini, and Australian food critic and restaurateur Marianne Saulwick, who is currently a senior lecturer at the Emirates Academy of Hospitality Management.

"Initiatives like the BBC Good Food Middle East Awards are vital to the maturity of local food culture. They encourage healthy competition in the industry, they introduce clients to try new dining experiences, and they provide an opportunity to take stock of the restaurant game, and to clarify a vision for our future within it," says Saulwick.

"The *BBC Good Food ME* team has established a world class judging criteria in this competition. Balanced and detailed judging criteria are essential to a fair competitive process, providing a critical framework for the comparison of very different eating experiences," she continues.

We had an overwhelming response from the consumers, with more than 20 000 individual votes cast. Popular opinion and high-quality professional standards are important for the success of any restaurant, and it was exciting to have the strength of the consumer vote alongside that of a qualified judging panel. The first of many to come, we look forward to the growth and development of these awards in the future.

Photography CRIS MEJORADA





The Serdaal ballroom was filled with Food Club members and industry professionals alike





Gaby Koudsi, Cynthia Farhat and Eddy Abou Khalil





The Asado team accepting their award in Best Latin American category





Beth McIntyre and Chris Robinson





Gaby Koudsi, managing director of Miele







The team from Zuma, winners in both Best Asian and Restaurant of the Year categories



Dominic De Sousa, CEO of CPI and publisher of BBC Good Food ME





Two of the judges, Suzanne Husseini and Michael Kitts



The BBC Good Food ME team, Carol Owen, Marizel Salvador, Odilaine Mejorada, Lindsay Moulin and Lauren Hills

BEST EUROPEAN

A category that includes restaurants that serve cuisine from countries within Europe...

The finalists:
Rivington Grill, Souk Al Bahar
Traiteur, Park Hyatt
Frankie's Italian Bar and Grill, Al Futtaim Tower
Rhodes Mezzanine, Grosvenor House
Reflets par Pierre Gagnaire, InterContinental Dubai Festival City

THE WINNER IS **RHODES MEZZANINE,** GROSVENOR HOUSE



Brought to the region by celebrity chef Gary Rhodes OBE, Rhodes Mezzanine is one of Grosvenor House's flagship restaurants. This sumptuous restaurant serves the best of modern British cuisine with French flair prepared by head chef Paul Lupton and his team.

"It's a good start to the year and it's a great award to win in its first year. Looking to the future, we've got Taste of Dubai coming up so we're preparing for that. We've also got a new menu coming later in the year which is a bit of a departure from what we've been doing, it has more choice," said Paul Lupton, head chef of Rhodes Mezzanine.



The results were incredibly close in this category, and as such, a highly commended certificate was awarded to **Rivington Grill Souk Al Bahar.**

"It's great to achieve this award; it's nice to get a recommendation and to be noticed for the work that you do. The recommendation from *BBC Good Food ME* is a great thing. A lot of people recognise the BBC from all over the world. It's a great recommendation to have," said Simon James Conboy, head chef of Rivington Grill Souk Al Bahar.

BEST ASIAN

A category that celebrates the tantalising cuisine of the Far East and India...

The finalists:
Zuma, DIFC
Peppercrab, Grand Hyatt Dubai
The Mango Tree, Souk Al Bahar
Okku, The Monarch Dubai

THE WINNER IS **ZUMA,** DIFC



ZUMA is the brainchild of Rainer Becker whose deep-rooted love of Japanese cuisine began when challenged with the task of presenting fine dining at the Park Hyatt in Tokyo. ZUMA was co-founded by Becker and the Waney family in 2002, with the first ZUMA restaurant opening in London's fashionable Knightsbridge area. The Dubai venture is the most recent site to open in the group's expansion plan. Ajaz Sheikh is leading the restaurant's Dubai team as director of operations for the Middle East, and Reif Bin Othman was promoted to executive chef at the end of September last year.

"We're very grateful to be a part of the first BBC Good Food Middle East Awards, it is a fantastic start to the year. Talking about future plans, we're intending to grow in the Middle East in 2011, starting with expansion into Abu Dhabi at the end of this year and Beirut next year," said executive sous chef of Zuma, Alexander Stumpf.



BEST LATIN AMERICAN

A category that includes restaurants that serve cuisine from Central and South America...

The finalists:
Maya, Le Royal Meridien Beach Resort & Spa
Asado, The Palace - The Old Town
La Parilla, Jumeirah Beach Hotel



THE WINNER IS **ASADO,** THE PALACE - THE OLD TOWN

One of the signature outlets of The Palace - The Old Town, the Argentine Grill, Asado serves premium meat cuts prepared in Asado Criollo-style on an open grill in the centre of the restaurant. Led by chef de cuisine Norberto Palacios, Asado offers an a la carte menu with a choice of beverages.

"Wow it's great. I mean, the BBC brand is known in every part of the world, and everyone knows that BBC Good Food ME Awards is a great award to win. With this recognition we expect to get more people in to learn about the Argentinian food and the steaks that we serve, and we hope for all the best in 2011," said the restaurant manager of Asado, Alex Cale.



BEST MENA

A category that includes restaurants that serve cuisine from the Middle East and North Africa...

The finalists:
Awtar, Grand Hyatt Dubai
Al Hadheerah, Bab Al Shams
Marrakech, Shangri-la Dubai



THE WINNER IS **AL HADHEERAH,** BAB AL SHAMS

Like a scene straight out of an Arabian fairytale, Al Hadheerah Desert Restaurant is a place to experience traditional fare amidst rolling sand dunes. The mood of old Arabia is captured through the lively entertainment and the décor recreates the magic of an ancient fort. The only restaurant in Dubai that features its own heritage village, the food is created from live cooking stations, wood-fired ovens and spit roasts.

"We've won various industry awards, but we're very honoured to win this award as it's the first one for *BBC Good Food ME*. We put our success down to the great service and variety. It's not only an Arabic restaurant we're offering, it's the whole Arabic experience – that's what people come for. Up to 80 percent of the diners are walk-in customers. I'd like to thank the whole team and HH Sheikh Mohammed," said resort executive chef of Al Hadheerah, Bab Al Shams Monal Malhotra.



PATRON SPONSOR
Miele

BEST BRUNCH

The weekend brunch is a decadent way to enjoy an afternoon of buffet-style dining and flowing bubbly

The finalists:
Al Qasr Hotel
Traiteur, Park Hyatt
Bubbalicious, The Westin Mina Seyahi

THE WINNER IS **AL QASR**



From the Spanish flavours of Al Hambra to international cuisine at Arboretum and succulent delights at MJ's Steakhouse, Al Qasr offers brunch options to suit all tastes. An extensive brunch with a fantastic atmosphere; good food abounds.

"It feels very good to win this award. We have invested a lot of time in the stations, we have re-vamped the entire brunch recently and we have really gone back to focusing on good quality ingredients. It's all about good food and a good service experience and phenomenal drinks and a good time," said Isabel Steinhauer, assistant food and beverage manager Al Qasr Hotel, Madinat Jumeirah.

"For the entire hotel, winning this award is a massive motivational boost for the staff working there. It's a great reward for the line level and to get excited about the product and just to really deliver better service and be excited about what they are doing," Steinhauer continued.



BEST CAFE

Whether you are whiling away an afternoon with friends, or grabbing a quick coffee on the run, cafe culture is abundant in the Emirates

The finalists:
Paul Bakery & Restaurant
Lime Tree Café
MORE Café

THE WINNER IS **MORE CAFÉ**



Wouter and wife Marijke Lap founded MORE Café in Garhoud, Dubai in 2002, and it is now well established in many other areas of the city. The extensive menu offers an infusion of modern and international cuisines, they roast their own coffee, produce fresh homemade pasta, all their bakery products. In 2008 they signed a franchise agreement to expand MORE Café within the UAE and GCC.

"It feels great to have won this award. It's a great recognition for all the team. I think people enjoy relaxing at MORE Café. It's a place where they can read at a communal table, be welcomed as a group or individual, you are made to feel at home and we serve great food that has a 'homemade' feel to it. We have many plans for the UAE and further afield. I can't give away too much, but there are definitely more restaurants on the way," said Gert Bredenhann, corporate chef of MORE Café.



BEST USE OF ORGANIC

A category that recognises the best and most creative use of organic ingredients and produce in a restaurant to the highest standards

The finalists:
Baker & Spice, Souk Al Bahar
Magnolia, Al Qasr Hotel
Organic Foods & Cafe, Dubai Mall



THE WINNER IS **MAGNOLIA,** AL QASR HOTEL

Magnolia is a unique restaurant in Dubai, embracing well-being on every level. Located alongside the treatment rooms of Talise Spa, vegetarian dishes are served in a waterside garden setting. The menu has been designed to include a selection of sumptuous vegetarian dishes, each nutritionally balanced. Dishes are prepared from only the freshest ingredients which are mostly organic.

"I'm very proud that this evolving restaurant has won this award. I've had an interest in eating organically since a very early age. We faced some challenges; when I arrived in Dubai four years ago I thought it would be difficult to get hold of organic ingredients here and the number of suppliers was quite limited. But they're increasing year-on-year. Many people grow organic food now," said head chef Gabriele Kurz of Magnolia, Al Qasr Hotel.





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BEST FOR CASUAL DINING

You don't need a tie or jacket for these restaurants, just good food in a relaxed atmosphere...

The finalists:
Yo! Sushi
Social House
Carluccio's

THE WINNER IS **CARLUCCIO'S**



Carluccio's is all about being traditional, authentic, casual and homely. It is divided into three distinctive areas including caffè, restaurant and deli. There are three Carluccio's restaurants in Dubai – the first opened in the Boardwalk in Dubai Mall in March 2009, followed by Mirdif City Centre in March 2010, and Dubai Marina Mall in April 2010. Carluccio's deli offers an enticing selection of fresh meats, cheese, salads, olives, tarts and baked-food items, in addition to a range of take-away dishes. The foodshop offers a range of specially imported products from Italy. Giulio Brignola is the executive chef for the three Carluccio's outlets in Dubai.

"It's nice to be recognised and gives us a lot of confidence for our new restaurants we have opened in Qatar and Kuwait. We're opening one in Abu Dhabi too. So far the Carluccio's concept in this region has gone down very well, everyone loves it. It's a winning concept," said executive chef Giulio Brignola of Carluccio's.



BEST BAR FOOD

A welcome accompaniment to your drinks, good bar food is great for snacking on in a social atmosphere...

The finalists:
Trader Vic's, Souk Madinat Jumeirah
Nezesaussi, Al Manzil Hotel
Caramel, DIFC
Apres, Mall of the Emirates

THE WINNER IS **TRADER VIC'S,** SOUK MADINAT JUMEIRAH



Trader Vic's opened in Souk Madinat Jumeirah in September 2004. With the daily resident Cuban band playing and the great quality of food and beverages, the bar has establish itself as one of the 'hot spots' in the Souk and a well known oasis for Dubai residents to escape the stress of the city and relax in an exotic ambiance. Executive chef R.Manoj Kumar leads the culinary team of Trader Vic's Souk Madinat Jumeirah

"Yes, I was surprised, but very happy to win. I think the consistency of the food we have, the variety we have and just a great bar atmosphere is what makes us stand out," said Simon Penhaligan, director of restaurant operations, RMAL Hospitality, Trader Vic's.



The results of this category were again very close. We are pleased to highly commend another finalist: **Caramel, DIFC**

BEST STEAKHOUSE

A restaurant specialising in top-quality cuts of meat, cooked to perfection...

The finalists:
JW's Steakhouse, JW Marriott Dubai
The Meat Co., Souk Madinat Jumeirah
Grand Grill, Habtoor Grand Dubai
Ruth's Chris Steak House, The Monarch Dubai

THE WINNER IS **RUTH'S CHRIS STEAK HOUSE,** THE MONARCH DUBAI



The steakhouse brings New Orleans-inspired appetisers, aged USDA prime steaks, fresh seafood, signature side dishes and homemade desserts to Dubai, all served with southern hospitality in an elegant yet comfortable atmosphere.

"We've won because we have the best steak! In terms of what makes it the best, well we've got the broiling system, which is unique in Dubai and we only use prime beef and the finest products. It's a combination of everything – the dining, the food, the quality and the ambience. Our chefs cook with a passion. Due to our success, we're opening another restaurant in Dubai very soon," said executive chef Paul de Visser.



The results of this category were very close, and as such, we highly commend **JW's Steakhouse, JW Marriott Dubai**

BEST DESSERT

The end-of-meal sweet delight that we always have room for...

The finalists:
Rivington Grill, Souk Al Bahar
Maison Sucre, Abu Dhabi
Paul Bakery & Restaurant

THE WINNER IS **PAUL BAKERY & RESTAURANT**



The first PAUL opened in France in 1889, and despite its successful world-wide expansion, it is still a family run business. The bread is baked four times a day, and there is stringent quality control through staff training and ensuring only the freshest, quality ingredients are used. Following the original concept from France globally, the décor and design celebrates French art de vivre. The regional pastry chef is Samer Harb, and there are executive chefs that look after the restaurants in each country. In Dubai, the executive chef is Nasser Slaibe.

"We've been in the UAE since 2004 and are as popular as ever. Our secret is a combination of desserts, mains, salads, soups, a big variety and the whole experience. We have a number of expansion plans for 2011, many of which are in Abu Dhabi and we're opening a new outlet in a nice location at Dubai International Airport Terminal 1," said Christian Salloum, Paul Bakery & Restaurant brand manager.



PATRON SPONSOR
Miele

BEST VEGETARIAN MENU

A category that looks at the range and quality of vegetarian food served in a restaurant...

The finalists:
Magnolia, Al Qasr Hotel
Spectrum on One, Fairmont Dubai
Lime Tree Café, Jumeirah

THE WINNER IS **THE LIME TREE CAFÉ,** JUMEIRAH



The Lime Tree Café was established in 2001 to provide Dubai's burgeoning population with a haven to escape the hustle and bustle of busy city life, and enjoy wholesome, nutritious food in a casual environment. The past nine years has seen the Dubai-based company grow from the humble beginnings of the Lime Tree's first café in Jumeirah, to a prominent brand in the Dubai dining landscape. With the company's expansion in 2008 it is now called 'The Lime Tree Café & Kitchen' which offers contemporary café dining, customised catering for private functions, gourmet hampers and a retail range of food products.

"It's good to be recognised because sometimes vegetarian food isn't really acknowledged. It's a great start to 2011; we're doing a lot of outside events and corporate functions, so I think that's something that we will expand on. We have a gourmet menu, kid's party menu and people can pick and choose and work with our catering team to develop their own menu," said Katy Marshall of Lime Tree Café.



BEST NEW RESTAURANT

For a restaurant that opened last year and is pushing boundaries and making its mark on the restaurant scene in terms of concept, food quality, service and atmosphere

The finalists:
Rhodes Twenty10, Le Royal Meridien Beach Resort & Spa
Cavendish Restaurant, Bonnington Hotel
West 14th, The Palm Jumeirah

THE WINNER IS **RHODES TWENTY10**



Rhodes Twenty10 marks Michelin-starred celebrity chef Gary Rhodes' second venture in the UAE, following the success of his first restaurant Rhodes Mezzanine at Grosvenor House Dubai. Rhodes Twenty10 is a new generation of culinary grill, where the emphasis is on sharing, bringing family and friends together in contemporary surroundings. Diners can choose from a variety of classic and more exotic 'open European' dishes including a variety of grills, from lobster to steak. The restaurant offers guests the chance to tailor-make their meal depending on their tastes and create a sociable dining experience by introducing sharing platters and offering a variety of flavours all on one plate.

"The restaurant's been open about six months and we're very grateful and surprised to have won. We put its success down to its high quality and a great location. It's also something different in Dubai as the guest designs the menu, but we keep the food and service very simple," said head chef of Rhodes Twenty10, Omar Romeri.



RESTAURANT OF THE YEAR 2010

The most coveted category of the BBC Good Food ME Awards, the Restaurant of the Year is one that has stood out exceptionally in terms of food, service and atmosphere. The attention to detail is superb and the restaurant ticks all the boxes in terms of a desired dining experience

The finalists:
Reflets par Pierre Gagnaire, InterContinental Dubai Festival City
Rhodes Mezzanine, Grosvenor House Dubai
Traiteur, Park Hyatt Dubai
Zuma, DIFC

THE WINNER IS **ZUMA**

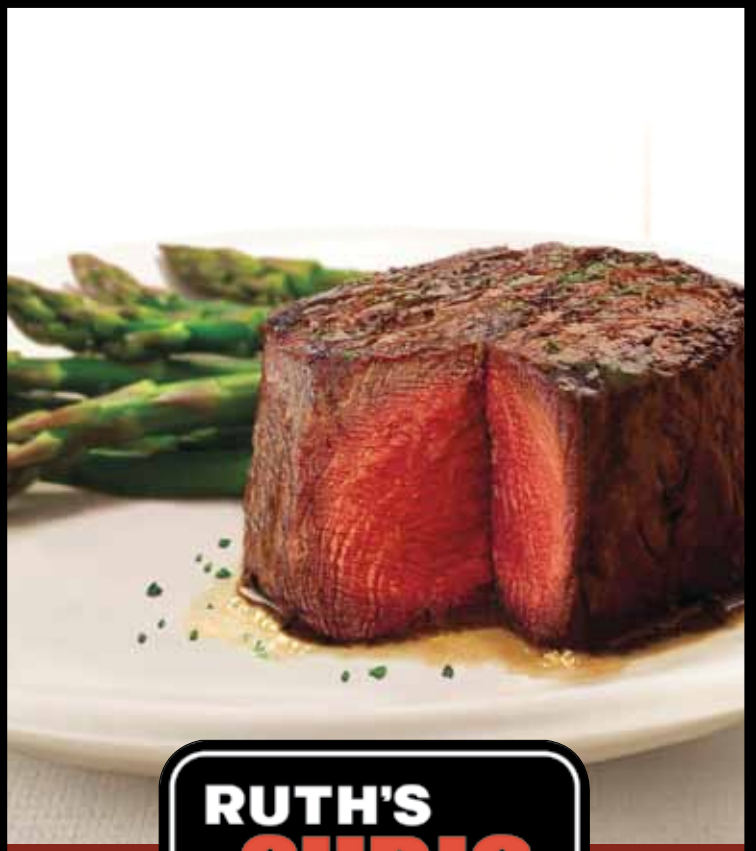


"The team and I are overwhelmed to win not one but two awards at this high profile event. To be nominated alongside such highly regarded names was a testament to what the team has achieved over the past year, but to win was just phenomenal," said Ajaz Sheikh, director of operations at Zuma.

PRODUCT-BASED CATEGORIES

As part of the first BBC Good Food ME Awards, we lauched a product based category, to find out where the best ingredients, fresh produce and foodie products can be found. The results, which was a culmination of consumer votes with the choices of our panel of judges, was are as follows:

BEST FOR BREAD: **WAITROSE**
BEST FOR ORGANIC: **ORGANIC FOODS AND CAFE**
BEST FRESH FRUIT AND VEGETABLES: **SPINNEYS**
BEST LOCAL PRODUCE: **UNION CO-OP**
BEST SEAFOOD: **LULU'S HYPERMARKET**
BEST MEAT: **PARK N SHOP**
BEST SPICES: **ADIL TRADING**
BEST FOR CHEESE: **SPINNEYS**
BEST FOR CAKES AND PASTRIES: **PAUL BAKERY & RESTAURANT**
BEST COFFEE: **COSTA COFFEE**



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Spoonful of Ducasse



The One&Only Le Saint Géran is a luxurious beach resort along the coast of Mauritius that boasts not only a beautiful setting but amazing culinary options. *Lauren Hills* speaks to chef de cuisine Romain Meder of Spoon des Iles by Alain Ducasse to find out more



What brought you to Mauritius and to Spoon des Iles? I worked at the Hotel Plaza Athénée as main chef of the restaurant La Cour Jardin and after two years there; Alain Ducasse offered me a new adventure in a place that he personally cherished, Mauritius. It was Alain Ducasse's first venture abroad. When the opportunity presented itself, it felt wonderful to make a dash into 'paradise'. As Mark Twain once said "God created Mauritius and then heaven".

Working for Alain Ducasse is something that most chefs only dream of. How would you describe your experience of working with him?

It is a privilege for me, which demands a lot of passion, sometimes surpassing my expectations, and, above all never to rest on one's laurels. In addition, Mr. Ducasse has a very decided opinion, very fair on his cuisine, so we are constantly challenging ourselves. He instils in us this culture of 'right' taste, with good products and ingredients, integrating all the foundations of French cuisine while being contemporary.

What is the greatest lesson that Alain Ducasse has taught you? That we can do better every day!

How would you describe Alain Ducasse's philosophy to food and restaurants? Has this influenced your personal approach to cooking? Do not cheat with the product by distorting its natural flavour; on the contrary, enhance the natural flavour of food to its maximum. This demands reflection, as we need to discover what to do to give each product its just recognition.

What are some of your favourite dishes on the Spoon menu, and why? I love rabbit meat. It is seemingly simple and very popular, and we get to make a tasty, exceptional dish from it. Season it with some fresh truffle for the ultimate culinary experience.

A dish that is well represented in the minds of Franco-Mauritians at Spoon in Mauritius is the seared duck liver with pina colada refreshment (pineapple/coconut based drink). The drink is local combined with the French product.

What brings you the greatest joy as a chef?
Creativity first, and how you transform a raw product into something exquisite. After all these years as a chef this never ceases to surprise me. Feels like magic!

What are your top three essential ingredients to work with, and why? The potato; it is easy to shape and cook and has a completely different shape and texture.
The egg; a simple product, but so complex at the same time. There are dozens of different ways of working with this, taking note of cooking temperatures, and texture that you want to create. But, it is still very delicate and I love it. Vegetables in general; cooking vegetables in a casserole for example is full of flavour

How has being in Mauritius influenced the style of food you create and the ingredients you use? In Mauritius I use mainly local raw products and some spices and I work around my inspiration to create the local influences without making 'Mauritian' cuisine as such – as I do not pretend to have the know-how for this.

Le Saint Géran has some interesting, romantic dining concepts. What are some of your favourite options? My favourite is 'Spoon on the beach' à la carte, same set up and service as in the restaurant but feet in the sand, which for me is a form of luxury.







For those craving a culinary challenge, try Romain Meder's 'Shellfish from the lagoon' at home

Bourgeois 'a la plancha'

Shellfish from the lagoon

SERVES 4

2kg bourgeois fish
1kg cleriac
100g Christophine leaves
200g mussels
200g clams
500g calamari
200g pousse-pousse
40g parsley
½ petsai leaf
50g shallots
bones of the bourgeois fish
100g fennel
100g celery
5g garlic
20ml white wine

LEMON CONDIMENT
250g lemon
20g sugar
2g salt
5ml olive oil

Bourgeois:
1 Cut the bourgeois into filet 90 grams per persons.
2 Oven bake the fish at 49 C,and glaze with bourgeois jus.
3 Cut the celeriac into ½ cm width and cut in ring 3 cm diameter (5 per person).
4 Cook and glaze.

Shellfish
1 Put the shellfish into cold, salted water.

CHEF'S BITES

2 Open the shellfish separately and keep the jus.
3 Slice the calamari into a spiral design and cook instantly.

Bourgeois jus:
1 Cook fish bones in olive oil and add the garnish.
2 Add the butter and deglaze with rice vinegar.
3 Reduce until it dry and add chicken stock
4 Cook for 20 mins and add the infused lemon, pepper and dry fennel
5 Put in a strainer and reduce

Shellfish jus:
1 Blanch the parsley, watercress, and the 'petsai leaf' in salted water, mix in thermomix and keep to one side.
2 Heat the bourgeois jus and add the shellfish, mix with the coulis of parsley, add the hazelnut butter and fresh lemon.

Lemon condiment:
1 Press 2 lemons and the third one cut in slices and mix all with salt and sugar
Put to reduce in low heat, until it become thick and add olive oil

Presentation:
1 Place the fish on the centre of your plate, mix the shellfish and the shellfish jus.
2 Dress the fish with celery, shellfish, christophine leaves and season with salt, olive oil and pepper and then add on top some dashes of lemon condiment.



As part of the BBC Good Food ME Awards, The One&Only Le Saint Géran offered people who voted a chance to win an all-expenses paid stay for two at the resort for three nights. The stay is inclusive of dinner for two at one of the restaurants at Le Saint Géran such as Rasoi by Vineet Bhatia and Spoon des Iles by Alain Ducasse.

And the winner or this luxurious stay is...
Food Club member Constance King.

Congratulations!

Food Club Event

A Manhattan masterclass

Chef Tareq Abu Khater from the Gramercy Sports Bar and Restaurant, DIFC taught Food Club members three delicious gastro-pub recipes

Warm and inviting, with delicious gastro-pub food, the Gramercy in DIFC is a place to enjoy the buzz of Dubai's social scene in a setting of old world New York charm. While it is a sports bar by name, the food is far from your standard pub grub, as delicious ribeye steaks with béarnaise sauce and foie gras starters grace the menu.

We met Chef Tareq Abu Khater for a last bite in last month's edition of *BBC Good Food ME*, and he recently wowed Food Club members with a delicious selection of dishes from his menu at our last Food Club masterclass event at the Mark Wilkinson and Pedini showroom.

To start, he prepared prawns sautéed in butter, shallots, capers and cream that were finished off with a squeeze of lemon juice and chopped chervil. Plump, firm prawns in a light but creamy sauce, the bite of the capers and lemon added a nice depth of flavour.

For mains it was onto the beef cheeks and polenta cake. Tender and tasty, the dish was hearty and full of flavour, and the texture of the beef with the polenta was a wonderful combination. Chef Tareq says this is a favourite on the menu, so if you don't feel like trying out the recipe that follows, be sure to visit Chef Tareq and enjoy it at the restaurant.

To end was a very rich and very decadent chocolate brownie; team this with a good dollop of cream or ice cream to balance out the sweetness.

Our complimentary monthly masterclasses are open to our Food Club members. Not a member? Be sure to sign up today at www,bbcgoodfoodme.com
















STARTER

Sautéed prawns

SERVES 1

4 prawns, peeled and cleaned
½ tsp chopped shallots
½ tsp chopped capers
½ cup fresh cooking cream
¼ tsp butter
½ juice of lemon
¼ chopped chervil leaves

1 Cook the prawns in a hot pan with butter then add shallot, capers, cream and reduce until the prawns are firm and cooked.
2 Finish with the lemon juice and chopped chervil.

MAIN

Beef cheeks with polenta

The most traditional way of cooking beef cheek, is to braise it, although I've seen it in all sorts of other recipes. Here's a good braised beef cheeks recipe. Note that it also calls for beef bones to make a stock.



SERVES 1

THE BEEF CHEEKS
200g beef cheek
2 garlic cloves
4 medium-to-large carrots
4 celery stalks
2 leeks
30 g stalks parsley
1 small onion
thyme
rosemary
olive oil
salt
crushed ground black pepper

1 Pan fry the beef cheek until it is nicely seared.
2 Chop one clove of garlic, two carrots, two celery stalks and one leek. Place the vegetable, with the herbs, into a large pot. Add enough stock to cover it well, and begin simmering.
3 Braise for at least 1 hour. Test with a fork to see if the beef is tender. If not, continue braising until it is. (Remember, the beef cheek needs to be quite tender before serving)

POLENTA CAKE
Polenta and cheese is a wonderful combination, this recipe combines the parmesan, mascarpone and polenta beautifully.

300g, or about 2 cups of polenta (ground whole cornmeal)
¼ litre of full cream milk
1 handful of grated parmesan cheese
100g mascarpone cheese
2 egg yolks, lightly beaten
1 tbsp chopped parsley
3 tbsp olive oil
a chunk of butter
salt and pepper, to taste
use round moulds

1 Begin by heating the milk with a scant tablespoon of salt. When it boils, start cooking the polenta, and keep stirring all the time.
2 Before removing it from the fire, stir in half of the cheeses and the butter. Mix well.
3 After removing the polenta from the fire stir in the egg yolks, and then turn the polenta out into slightly buttered Moulds. Let it cool.
4 Preheat your oven to 400 F (200 C).
5 Cover the moulds with the rest of the parmesan cheese
6 Bake until the surfaces are golden, and serve immediately.

DESSERT

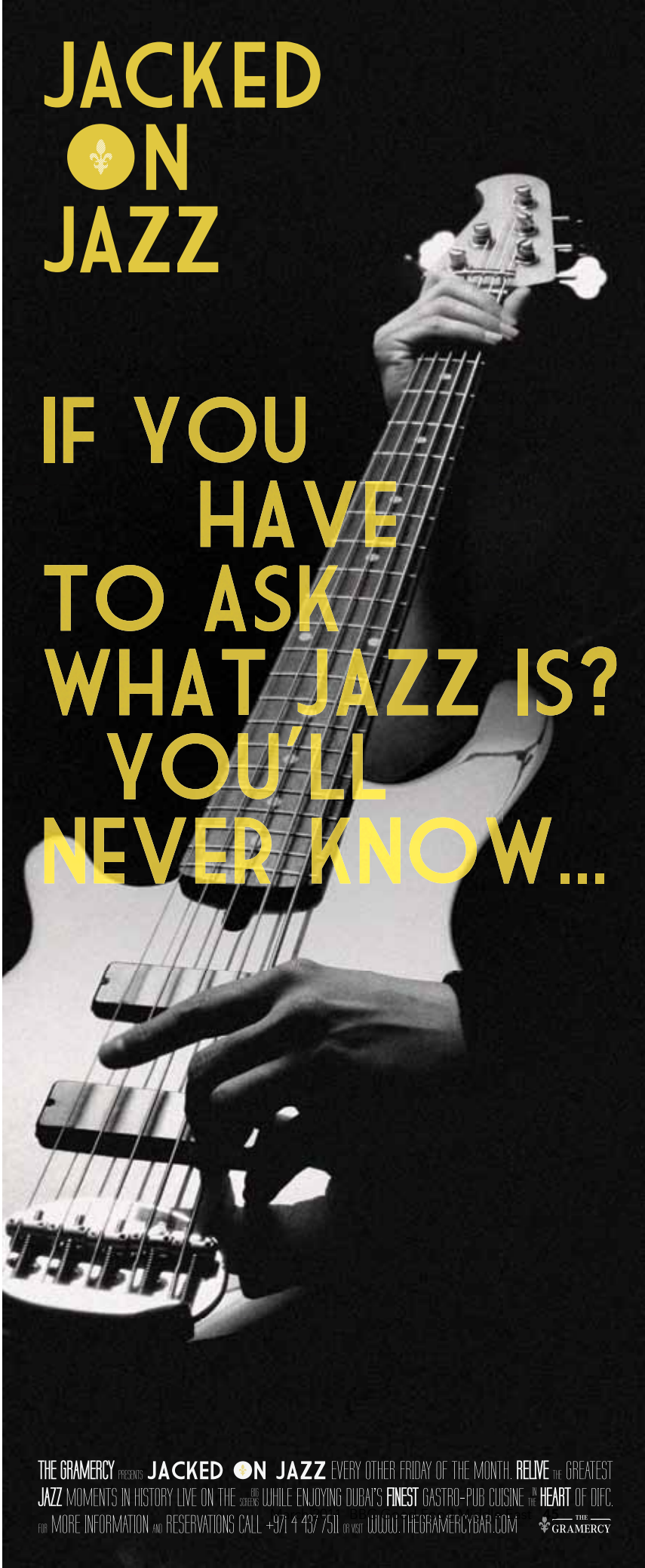
Chocolate brownies

SERVES 6

3 eggs
handful cashew nuts
250g sugar
140g butter
100g chocolate
60g flour
30g Cacao powder

1 Mix the eggs and the sugar over boiling water for 10 minutes till you melt the sugar
2 Melt the chocolate and the butter over boiling water
3 Mix the eggs and the sugar till creamed mixture then add the melted chocolate, flour, cocoa powder, crushed toasted cashew nuts.
4 Bake the mixture for 40 to 50minutes at 160c
5 Let it cool then slice.





INSIDER'S GUIDE TO *New York*

From the best pastrami sandwich to the most creative Michelin-starred restaurants in the city, Anthony Bourdain recommends his favourite places to eat and drink around Manhattan



'As far as food is concerned, New York is still the centre of the English-speaking world,' says Anthony. 'It's the mix of high-end restaurants, casual, authentic émigré-run places, representatives from every country and ethnicity – and a food-obsessed clientele who support it all.'

EAT

■ If you've never been to New York, first eat what we do best, and that's deli. In New York, 'deli' means traditional Eastern European food; the food that diaspora Jews adapted on the Lower East Side – often in tiny mom 'n' pop businesses, or even street carts, which morphed into a beloved New York staple. Go to Katz's deli and order a straight pastrami sandwich on rye, mustard on the side, $14.95. I believe Katz's is the first place Marco Pierre White goes in New York, as do most chefs I know. (katzdeli.com)

■ The perfect Manhattan breakfast would be lox (smoked salmon), onions and scrambled eggs, $14, with a bagel or bialy (a Polish bread roll) at Barney Greengrass. Go on a Sunday and pick up the New York Times and the Post on the way. Afterwards, buy the chopped liver to go – it's the best in the city. (barneygreengrass.com)

■ Papaya King is New York's best hotdog. Period. Get their two-hotdog-and-drink special for about $5. A good quality, griddle-seared hotdog in a decent bun with that ethereally frothy papaya drink – it's perfect. (papayaking.com)

■ For dinner, Yakitori Totto isn't very expensive. It's part of this wonderful izakaya invasion in New York – authentic, casual Japanese establishments that serve meat on skewers, cooked over charcoal. It's the go-to place for chefs. The kobe beef tongue skewer is awesome, as are the skewered chicken hearts, from $2.50. (tottonyc.com)

■ Marea is really exciting. The chef Michael White has cracked the code of how to make Italian food at an extraordinarily high, Michelin-quality level. The food's true to its roots, but he's a bright, creative guy. Eat the sea urchin on toast topped with semi-melted lardo, $15, the spugnoli, consisting of Oregon morels stuffed with shrimp and lardo (pictured), and the fusilli with octopus and bone marrow, $28. The food is expensive, but the wines are reasonably priced. (marea-nyc.com)

■ Eric Ripert's Le Bernardin is one of the best restaurants in the world. It's got three Michelin stars and it single-handedly makes the argument for the continuing relevancy of fine dining. It walks that tightrope between formal, crisp professional service and conviviality, brilliantly. It's French, but it's a French restaurant that until





recently would have been frowned upon because it reaches for influence wherever it wants – for instance, they do this mind-blowing dish of angel hair pasta with sea urchin roe butter and caviar. Go for the tasting menu, $138. (le-bernardin.com)

DRINK

■ The classic bar Old Town has been around for more than 100 years, and it's a real New York drinking experience: long wooden bar, tiled floor, dubious food. American beer is p*ss, but they do serve Guinness. (oldtownbar.com)

■ Bemelmans' Bar at the Carlyle Hotel is a good Mad Men-style bar for a martini. It's named after Ludwig Bemelmans, who did the Madeline children's books and was a great food writer. He also painted the murals on the walls. (thecarlyle.com)

SHOP & DO

■ Murray's Cheese has an incredible selection. They're the most knowledgeable cheesemongers in New York. If I was looking for a perfectly ripe, stinky epoisses, that's the place I'd go. There are magnificent American cheeses, too, such as Cypress Grove's classy goat's cheese Humboldt Fog (murrayscheese.com)

■ It's nosebleed expensive, but Agata and Valentina understand that New York needs good mozzarella. Someone has to provide burrata that my wife – who is from Italy – finds acceptable. (agatavalentina.com)

■ Eataly is a big deal. It's a new, hugely ambitious, Milanese-style mega-market with six eateries on top. People such as US Michelin-starred celebrity chef Mario Batali is one of the partners, so you can expect lots of high-profile Italian artisan producers. They're selling incredible cured meats and cheeses – it's definitely a game-changing establishment. (newyork.eataly.it)

■ If you really want to be in the know, go out to Flushing in Queens on a weekend and visit the Golden Shopping Mall (41-28 Main Street). Go down to the cellar, and, suddenly, you're in China. It's full of Chinese-owned food stalls serving regional specialities that you can't find anywhere else.

■ For other foodie activities, go to Kitchen Arts & Letters, which is a really amazing all food-related bookstore. (kitchenartsandletters.com).

SLEEP

■ The Standard Hotel has a very good restaurant but it's a scene-y place. The bar, the Boom Boom Room, is the sort of place that you'd never get into in a million years. Jay Z could, but me? No. Doubles from $295. (standardhotels.com)

■ New York hotels are pricey, but The Mercer is a popular choice for friends coming to stay. Don't order cocktails and room service if you're looking to keep the price down, though, so lay off the Negronis. Doubles from $495. (mercerhotel.com)

■ If you're talking classic hotels – heavy furniture, dim lights, old-school service, but done right – I love the St Regis. If you're spending Christmas in New York, you're right on 5th Avenue. Doubles from $801. (starwoodhotels.com)

Irish charm

With St Patrick's Day upon us this month, *BBC Good Food ME* celebrates all things Irish with this traditional Guinness bread



Gleeson's Glorious Irish Guinness Bread

OVEN-FRESH GUINNESS BREAD WITH BUTTER CURLS AND HOMEMADE PESTO
PREPARATION TIME 20 MINS ● COOKING TIME 50 MINS ● MAKES 3-4 LOAVES

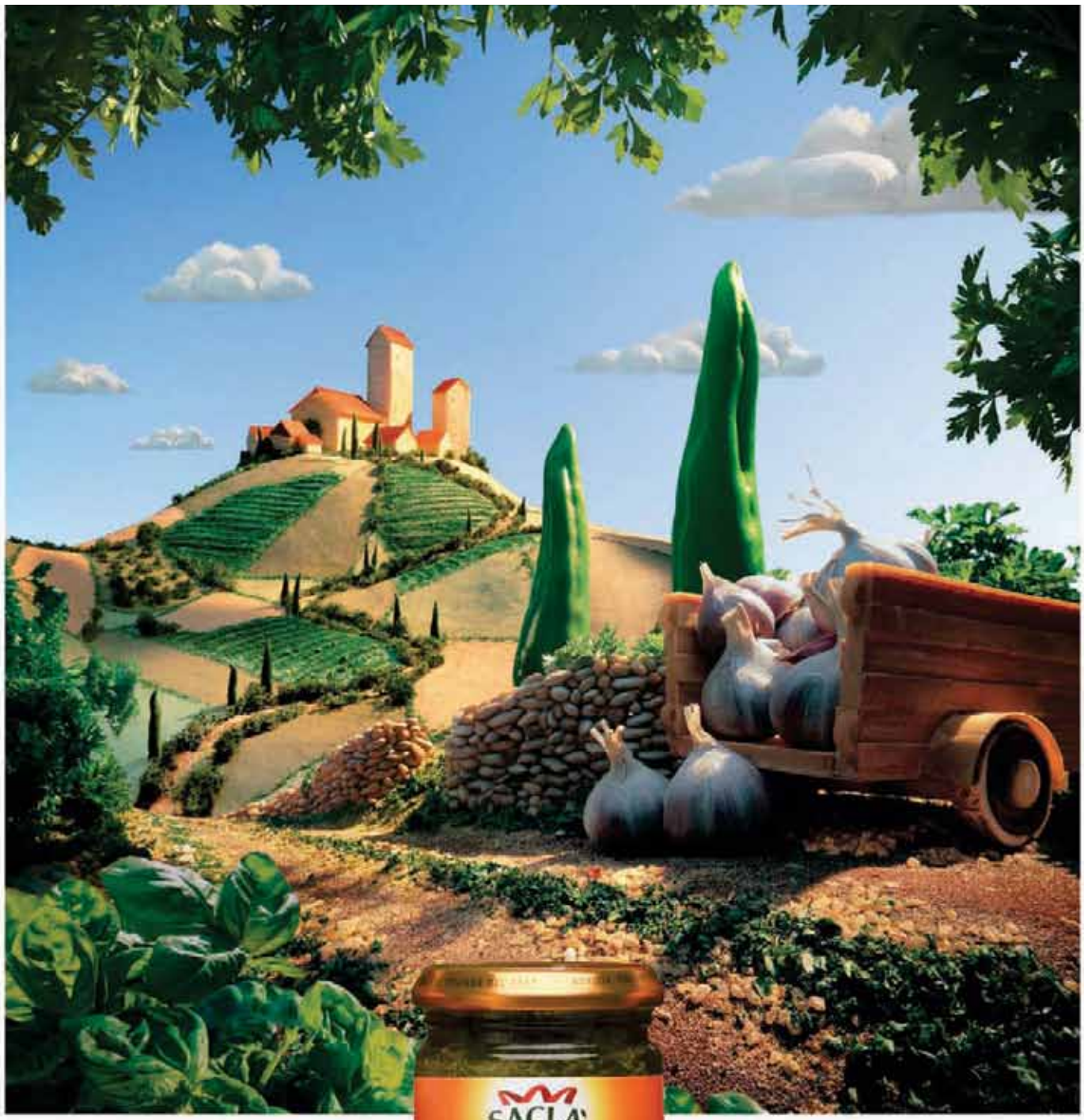
1kg (8.8 cups) wholemeal flour (wholewheat flour)
500g (4.5 cups) strong flour (bread flour)
125g (1.1 cups) pinhead oats (steel cut oats)
a pinch of salt
a pinch of sugar
100g (3.5oz) butter
1litre (34fluid 0z) buttermilk
350g (12.3 oz) treacle (molasses)
150ml (5 fluid oz) Guinness Stout
1 level teaspoon of bread soda (Bicarbonate of soda)
1 small handful of sesame seeds

1 Combine all of the dry ingredients in a large bowl, mix together well and set aside.
2 Melt the butter in a small saucepan, add the buttermilk and heat until tepid.
3 Now add the treacle to the saucepan and stir slowly until well combined through the buttermilk.
4 Remove the pot from the heat.
5 Add the Guinness and stir.
6 Make a well in the middle of your dry ingredients, add the liquid and stir gently to make a moist paste.
7 Preheat your oven to 180°C/350°F and prepare the baking tin by brushing the inside with butter and dusting with flour.
8 Pour the mixture in the tin, sprinkle with sesame seeds and place in preheated oven for ten minutes, then reduce heat to 140°C/275°F and cook for a further 40 mins.
9 After removing the bread from the oven, allow it to cool on a bread rack for 10 mins.
10 Serve with butter and fresh pesto or homemade jams.



FOODIE BLOGGER TO WATCH

American blogger Clare Kleinedler explores the culture of Ireland through its food and drink. A funny, witty and honest blog, Los Angeles girl Clare shares her entertaining experiences of Drogheda Ireland one taste at a time. http://anamericaninireland.com



Enter the hills of Liguria, and you enter the world of authentic Italian pesto. Colour bursts from every nook, flavour tingles in every cranny and an exquisite blend of the finest basil, garlic, pine nuts, parmesan cheese and olive oil combine to enliven the spirit and transform the senses. Welcome to our way of life, our passion and our obsession. Welcome to our art. L'Arte Di Saclà.



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For the home

Gadgets, appliances and nifty accessories for the kitchen, we present some options on the market now



Hovercraft cleaning
A cylinder vacuum cleaner without wheels; the Royal Jet Vac by Princess hovers on a cushion of air, just like a hovercraft! Dirt is sucked up by a virtual whirlwind into the transparent 2.5 litre tank, while a filter system purifies the expelled air. The vacuum cleaner is bagless and has a 2.5 litre dust tank.
Princess Vacuum Cleaner is available at GECO Showrooms in Dubai, Sharjah and Abu Dhabi and at Carrefour outlets all across the UAE.

Candy Group's TRIO appliance now in the UAE
No space for both an oven and dishwasher in your kitchen? Candy Group has just launched a three-in-one cooker, oven and dishwasher – serving three needs in a third of the space. This compact unit comes in a standard 60 by 60 centimetre dimension that is ideal for all homes. The TRIO has four gas hobs on top, an electric oven in the middle and and closing with a bottom dishwasher.
The TRIO is available at all Eros Digital Home showrooms and other leading stores in the UAE.



Pot luck
In the mood for a homely stew? The Staub Oval Casserole dish priced at AED 950 from Bloomingdale's Home is the perfect dish.





Get your grill fired up while the weather is still balmy. This fun, **red barbecue** is available from *@Home stores across the UAE.*



This fresh and summery salad bowl, with detachable servers, is available from *@Home for AED 450.*

World's first three door side by side refrigerator by Hitachi
Available in silver, white and black with tempered glass shelves, this refrigerator has minus-zero cooling, an ice dispenser, LED display panel design and a mould-proof door gasket.
AED 6,999, available at Eros Digital Home and leading retail outlets across the UAE



Food for the Weekend

Entertain in style!

56 Carla's Leek & cheese muffins



63 Birthday biscuits



68 Cheese & chilli melts



53 Dauphinoise potatoes



Treat the family

Gather everyone together for a celebratory Mother's Day lunch with roast lamb as the centrepiece. Market Kitchen regular Paul Merrett shows how to make your roast really tender and flavoursome

PHOTOGRAPHS **DAVID MUNNS**



Roast lamb studded with rosemary & garlic

SERVES 6-8 ● PREP 10 MINS ● COOK 1 HR 45 MINS Moderately easy

leg of lamb weighing 2.5kg/5lb 8oz
1 garlic bulb
1 bunch rosemary
1 tbsp vegetable oil
2 carrots, cut in large chunks
1 onion, cut into quarters
1 glass red wine (about 150ml)
1.2 litres/2 pints beef or lamb stock

1 The first job is to stud the lamb with garlic and rosemary. Use a sharp pointed knife, make at least 30 small incisions all over the meat. Peel 4 garlic cloves, thinly slice them and prod a slice into each incision. Next, pull off small sprigs of rosemary and push into the incisions, too. If done in advance, cover the lamb well and refrigerate. Remove from the fridge 1 hr before roasting
2 Heat oven to 190C/170C fan/gas 5. Heat a large frying pan, add a little oil and brown the lamb all over. Scatter the carrot, onion, remaining garlic and rosemary in a large roasting tin, pour in the wine and stock, then place the browned lamb in the tin.
3 Roast for about 1 hr 45 mins. Turn the lamb halfway through so by the time it's cooked, each side has been in the stock. When cooked, remove the lamb and allow to rest in a warm place covered in foil for about 30 mins.
4 While the lamb is resting, make the gravy. Pour all the stock from the tin through a sieve into a saucepan to remove all the vegetables and herbs. This stock should be rich, slightly thick and have a great lamb flavour. Reduce it a little on the hob if you feel you want to concentrate the flavour, skimming off any fat that comes to the surface. Serve the lamb with the gravy, leeks, potatoes and butternut squash (recipes, right)

PER SERVING (6) 580 kcals, protein 65g, carbs 6g, fat 32g, sat fat 15g, fibre 1g, sugar 5g, salt 0.85g

Melty leeks in butter

SERVES 6-8 ● PREP 5 MINS ● COOK 6 MINS

Easy V ☑ *Counts as 1 of 5-a-day, low fat*

VV

6 leeks, trimmed
knob of butter

1 Remove the outer skins of the leeks and cut into chunks about 5cm long. Wash in cold water, then briefly drain.
2 Heat a large pan for a few mins, then first add the thicker leeks with a knob of butter. After 2 mins, add the rest of the leeks. Place a lid on the pan and cook for 4 mins more, occasionally giving them a stir. The water remaining on the leeks from washing should provide enough moisture to steam them. Serve with some flaked salt and a twist of pepper.

PER SERVING (6) 51 kcals, protein 2g, carbs 4g, fat 3g, sat fat 1g, fibre 3g, sugar 3g, salt 0.05g

Dauphinoise potatoes

SERVES 8 ● PREP 20 MINS ● COOK 45 MINS

Easy V

500ml/18fl oz double cream
500ml/18fl oz milk
3 garlic cloves
8 large King Edward or Maris Piper potatoes
100g/4oz Gruyère cheese (optional)

1 Heat oven to 190C/170C fan/gas 5. Tip the cream, milk and garlic into a large saucepan and bring to a simmer. Slice the potatoes very finely, about 3-4mm, add them to the cream and simmer for 3 mins until just cooked. Gently stir to separate the potato and stop it sinking and catching on the bottom of the pan.
2 Remove the potatoes with a slotted spoon and place in a wide shallow ovenproof dish so that they are about 5cm in depth. Pour over the garlic infused cream (discarding the garlic) – just enough to seep through the layers and leave a little moisture on the surface. Scatter over the cheese, if using, then bake for 30 mins until the potatoes are soft and browned – increase the heat for 5 mins if not brown enough.

PER SERVING 541 kcals, protein 11g, carbs 39g, fat 39g, sat fat 22g, fibre 3g, sugar 5g, salt 0.35g

Roasted butternut squash

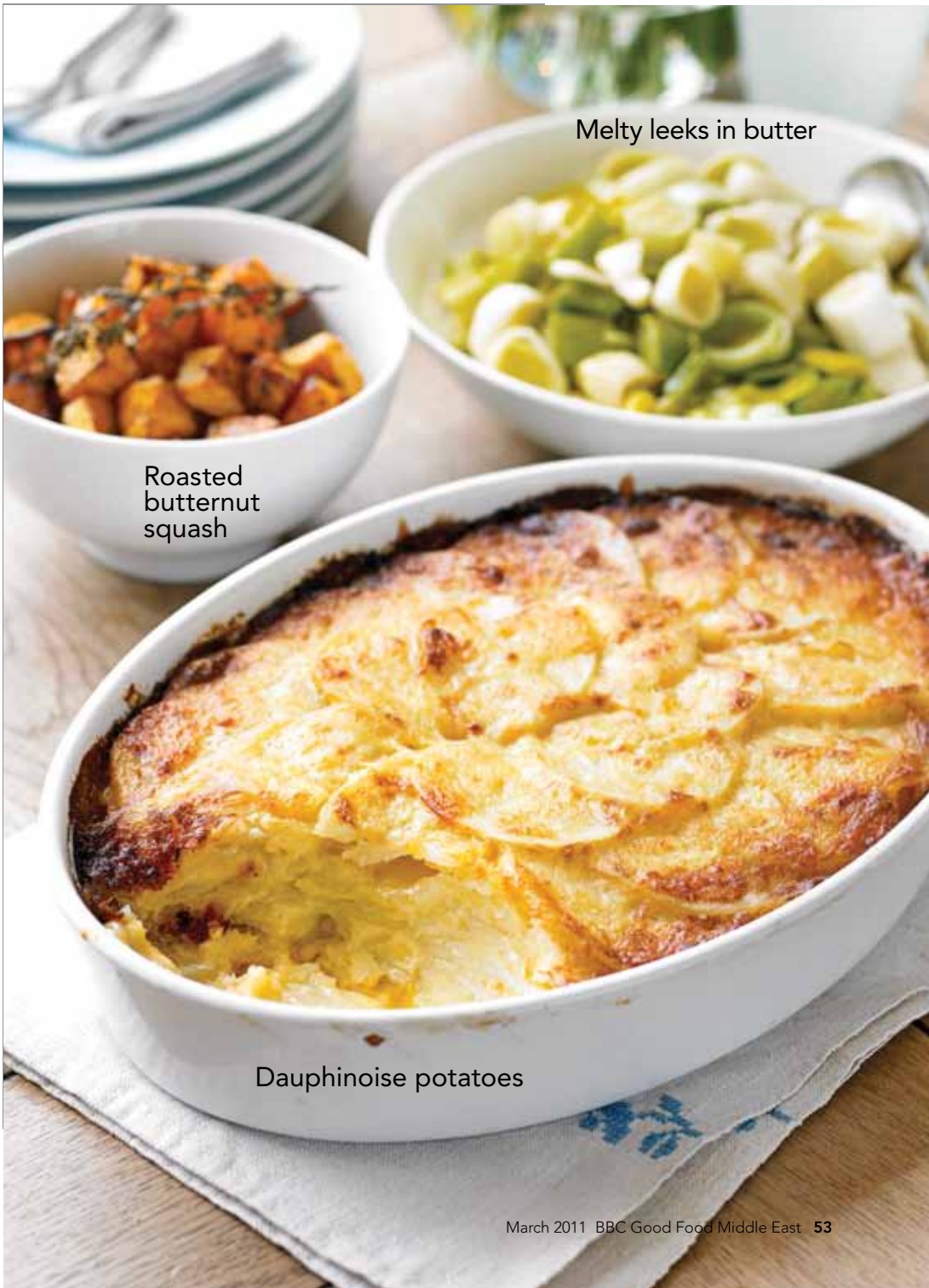
SERVES 6-8 ● PREP 10 MINS ● COOK 45 MINS Easy V ☑ *Counts as 1 of 5-a-day, low fat*

2 butternut squash
1 heaped tbsp clear honey
1 tbsp thyme leaves

1 Heat oven to 190C/170C fan/gas 5. Peel the squash, cut in half and scrape out the seeds. Dice the flesh into 5cm cubes. The shape isn't too important but it will cook evenly if roughly the same size.

2 Place the squash in a large non-stick roasting tin. Drizzle over a little honey and sprinkle with thyme. Roast for 45 mins until it is turning golden and is tender all the way through. You can roast it with the lamb for the meat's final 15 mins, then finish it off while the lamb rests.

PER SERVING (6) 82 kcals, protein 2g, carbs 19g, fat none, sat fat none, fibre 3g, sugar 11g, salt 0.02g





Serrano ham, olive, feta & rocket platter with homemade crostini

SERVES 6 ● PREP 20 MINS ● COOK 15 MINS Easy

1 sourdough loaf
olive oil, for drizzling
18 slices Serrano ham
200g/8oz best-quality feta
40 black Greek olives (I use Kalamata)
handful rocket leaves
1 tbsp good-quality honey (I use a Greek organic thyme blossom honey)

1 The crostini should be made no more than 15 mins in advance. Slice the bread about ½in thick and brush on some olive oil. Heat a griddle pan and grill the bread in batches until the outsides are crisp and attractively marked by the grill, and the insides are still soft.
2 Drape the ham over the largest platter you have – don't lay it flat, allow it to billow slightly. Break the feta by hand into irregular chunks about the size of a walnut, then dot over the ham. Randomly place the olives on the ham and carefully place the rocket leaves across the platter. Just before your guests tuck in, carefully drizzle over a little olive oil followed by the honey. Put the crostini on a separate platter or in a bowl, and serve alongside the salad at the table.

PER SERVING 522 kcals, protein 20g, carbs 38g, fat 33g, sat fat 9g, fibre 4g, sugar 5g, salt 6.35g



Malt chocolate ice cream with Oreo cookie crunch

SERVES 8 ● PREP 15 MINS PLUS CHURNING ● COOK 20 MINS Moderately easy ❄

750ml/1¼pts milk
250ml/9fl oz double cream
6 egg yolks
140g/5oz sugar
85g/3oz milk chocolate, chopped
25g/1oz plain chocolate, chopped
140g/5oz original flavour Ovaltine
154g pack Oreo cookies, broken into chunks about the size of a large pea

1 Bring the milk and cream to a simmer in a pan. Meanwhile, whisk the egg yolks and sugar until combined. Pour the milk onto the eggs, stirring well. Pour this back into a cleaned-out saucepan and slowly heat through for about 10 mins, stirring all the time. Don't allow the liquid to simmer. It should thicken as it heats up and is ready when it's thick enough to coat the back of a wooden spoon.
2 Pour the hot custard mix over the chocolate in a bowl and allow it to melt. Add the Ovaltine and whisk until smooth.
3 Cool, then churn in an ice-cream machine. As it thickens, add the biscuits. Freeze. When ready to eat, serve with White chocolate sauce (below).

PER SERVING 542 kcals, protein 10g, carbs 58g, fat 32g, sat fat 17g, fibre 1g, sugar 47g, salt 0.46g

White chocolate sauce

SERVES 8 ● PREP 5 MINS ● COOK 5 MINS Easy

500ml/18fl oz single cream
85g/3oz white chocolate, broken into small pieces

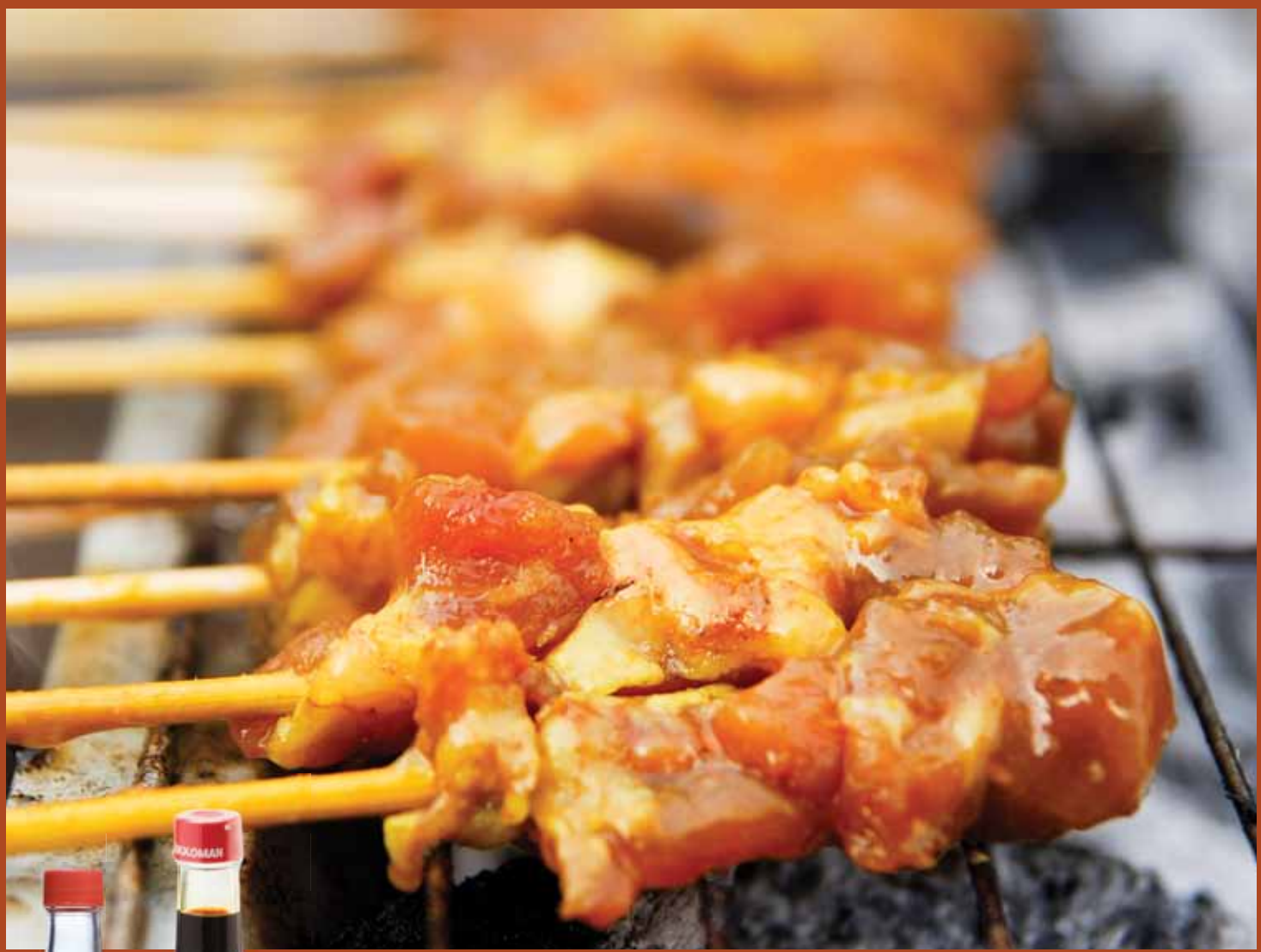
Heat half the cream until hot, but don't let it simmer. Take off the heat, add the white chocolate and stir until melted. Pour in the remaining cold cream, then cool completely before serving.

PER SERVING 189 kcals, protein 3g, carbs 8g, fat 16g, sat fat 10g, fibre none, sugar 8g, salt 0.08g

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Junior cook

We've been so impressed by the letters and photos coming in from younger readers to *BBC Good Food* in the UK, that we thought we'd share Carla's muffin recipe and encourage aspiring cooks of the UAE to send in their recipes to us



I love making up my own recipes. When I came up with this one, it was because I wanted to cook something with seasonal vegetables that was easy and filling. I like to eat these with soup, or they also make a great snack

CARLA, AGE 14, FROM DERBYSHIRE

Carla's Leek & cheese muffins

MAKES 9 ● PREP 10 MINS ● COOK 30 MINS Easy

175g/6oz plain flour
1 tsp baking powder
¼ tsp bicarbonate of soda
½ tsp allspice
50ml/2fl oz milk
1 egg, beaten with a fork
100ml/3½fl oz vegetable oil
1 leek, finely chopped
75g/2½oz Cheddar, finely grated

1 Heat the oven to 180C/160C fan/gas 4 and line a muffin tin with 9 cases. Mix all the dry ingredients until combined, then gently stir in the milk, egg and oil.
2 Gently fold in the leek and Cheddar. Spoon the mixture evenly into the muffin cases and place in the oven. Bake for about 25 mins, then check – they may need a little longer. These taste great served with either spinach soup or with a dab of butter.

PER SERVING 209 kcals, protein 5g, carbs 16g, fat 14g, sat fat 3g, fibre 1g, sugar 1g, salt 0.40g



Photographs LIS PARSONS | Food styling JAYNE PIERCE | Styling JENNY IGGLEDEN



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The Mex factor

Everyone loves pick-and-mix suppers, and it's such a relaxed way to eat on a Friday. This Mexican feast is fast, fun and there's something to suit everyone **BARNEY DESMAZERY** FOOD EDITOR



Tex-Mex beef tacos

SERVES 6 ● PREP 5 MINS, PLUS STANDING ● COOK 20 MINS Easy ❄ *Good for you*

500g pack lean minced beef
1 tbsp sunflower oil
4 garlic cloves, crushed
1½ tbsp dried oregano
2 tsp ground cumin
2 tsp paprika
pinch chilli flakes
24 taco shells

Heat a large frying pan until very hot, then brown the mince. Remove, then season with salt and pepper. Add the oil to the pan and fry the garlic, oregano and spices for 1 min until fragrant. Return the beef to the pan and toss well, then cook for 2-3 mins until hot through. Warm the taco shells following the pack instructions and serve with the beef.

PER SERVING 383 kcals, protein 22g, carbs 29g, fat 21g, sat fat 4g, fibre 2g, sugar 1g, salt 1.17g

Easy BBQ beans

SERVES 6 EASILY DOUBLED ● PREP 5 MINS ● COOK 20 MINS Easy V ❄ ***Superhealthy***
These make a great side dish with the tacos, or use as a veggie alternative to the beef.

1 tbsp olive oil
1 onion, thinly sliced
2 garlic cloves, chopped
1 tbsp white or red wine vinegar
1 heaped tbsp soft brown sugar
400g tin pinto beans, drained and rinsed
400ml tub passata
1 tsp Worcestershire sauce
small bunch coriander, chopped

Heat the oil in a small pan. Fry onion until starting to brown, then add garlic and cook for 1 min. Add vinegar and sugar and cook until onions are caramelised. Stir in beans, passata, Worcestershire and seasoning and simmer for 10-15 mins until thickened. Stir through coriander and serve.

PER SERVING 118 kcals, protein 5g, carbs 21g, fat 2g, sat fat none, fibre 4g, sugar 7g, salt 0.37g

Chunky tomato & avocado salsa

SERVES 6 ● PREP 10 MINS ● NO COOK
Easy V ***Superhealthy*** *This doubles up as both the guacamole and the tomato salsa element of the meal.*

½ red onion, finely chopped
1 small red chilli, seeded and chopped
3 ripe tomatoes, chopped
juice 1 lime
1 tbsp white wine vinegar
2 avocados
small bunch coriander, chopped

In a medium bowl, combine the onion, chilli, tomatoes, lime and vinegar with some seasoning and mix well. Can be made a few hours in advance and kept in the fridge. When you're ready to eat, peel, stone and chop the avocados and add them to the salsa mix along with the coriander. Serve immediately.

PER SERVING 97 kcals, protein 1g, carbs 3g, fat 9g, sat fat 1g, fibre 2g, sugar 2g, salt 0.02g

Crunchy corn & pepper salsa

SERVES 6 ● PREP 10 MINS ● NO COOK
Easy V ***Superhealthy***

1 bunch spring onions, chopped
140g/5oz frozen sweetcorn, defrosted
1 red pepper, seeded and finely chopped
FOR THE DRESSING
1 tbsp olive oil
1 tbsp honey
1 garlic clove, crushed
1 tsp ground cumin
juice 1 lime

Stir all the dressing ingredients together in a medium bowl with some salt and pepper. Toss in the spring onions, sweetcorn and finely chopped red pepper. Can be made up to a day in advance and chilled. Let the salsa stand at room temperature for about 20 mins before serving.

PER SERVING 60 kcals, protein 2g, carbs 8g, fat 3g, sat fat none, fibre 1g, sugar 4g, salt 0.01g

Photographs LIS PARSONS | Food styling JAYNE cross | Styling JENNY IGGLEDEN | Wine notes SARAH JANE EVANS MW


Easy BBQ beans
Tex-Mex beef tacos
Crunchy corn
& pepper salsa
Chunky tomato
& avocado salsa

Simple sides



Wild rice salad

SERVES 4-6 ● PREP 5 MINS ● COOK 5 MINS
Easy V ***Superhealthy*** *Counts as one of 5-a-day, low fat*

250g pouch microwavable wild rice
1 red onion, thinly sliced
small handful of sultanas
3 carrots, grated
zest and juice 1 lemon
1 tbsp honey

1 Heat rice according to pack instructions. Put onion and sultanas in a bowl and pour on boiling water to cover. Leave to stand 1 min, then drain and stir in rice and carrot.
2 Mix in the lemon zest and juice, honey and seasoning, then serve.

PER SERVING
130 kcals, protein 4g, carbs 30g, fat 1g, sat fat none, fibre 4g, sugar 16g, salt 0.38g

Creamy butter beans with crispy crumbs

SERVES 4 ● PREP 5 MINS ● COOK 10 MINS Easy V ***Superhealthy***
Counts as 1 of 5-a-day, low fat

2 x 400g cans butter beans, drained and rinsed
100g/4oz light soft cheese with garlic and herbs
2 tbsp snipped chives
4 tbsp breadcrumbs
1 tsp sunflower oil

1 Heat the butter beans in a small pan for 3-4 mins. Remove a quarter of them to a bowl and mash with a fork until smooth and creamy. Stir back into the rest of the beans in the pan with the soft cheese and chives, then heat for a few mins more until warmed through.
2 Transfer to a small baking dish and sprinkle with breadcrumbs. Drizzle over oil and flash under a hot grill for 1-2 mins until the crumbs are crunchy and golden.

PER SERVING 185 kcals, protein 10g, carbs 25g, fat 6g, sat fat 3g, fibre 6g, sugar 3g, salt 1.76g



Sesame & ginger green beans

SERVES 4 ● PREP 5 MINS ● COOK 10 MINS Easy V
Good for you

200g/7oz green beans
1 tbsp sesame oil
small chunk ginger, very finely chopped
1 garlic clove, crushed
1 tsp sesame seeds

Cook the beans in a pan of boiling water for 3 mins until tender. Drain. Heat the sesame oil, then cook ginger and garlic for 1 min until fragrant. Stir in the beans, season and sprinkle with sesame seeds. Cook for 30 secs until hot through.

PER SERVING 45 kcals, protein 1g, carbs 2g, fat 4g, sat fat 1g, fibre 1g, sugar 1g, salt none







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Pretty treats

Ideal for parties, afternoon tea or simply to stock the cake tin



Make for Mother's Day

Lemon curd & blueberry loaf cake

SERVES 8-10 ● PREP 20 MINS ● COOK 1 HR 15 MINS Easy Un-iced

Bake this in the morning, then decorate it when the cake has cooled. Lemon zest makes a simple, stylish topping – or let the kids loose with sprinkles and edible glitter!

175g/6oz softened butter, plus extra for greasing
500ml tub Greek yogurt (100g is for the cake, the rest to serve)
300g jar lemon curd (2 tbsp is for the cake, the rest to serve)
3 eggs
zest and juice 1 lemon, plus extra zest to serve, if you like
200g/7oz self-raising flour
175g/6oz golden caster sugar
200g punnet of blueberries (85g is for the cake, the rest to serve)
140g/5oz icing sugar
edible flowers, such as purple or yellow primroses, to serve (optional)

1 Heat oven to 160C/140C fan/gas 3. Grease a 2lb loaf tin and line with a long strip of baking parchment. Put 100g yogurt, 2 tbsp lemon curd, the softened butter, eggs, lemon zest, flour and caster sugar into a large mixing bowl. Quickly mix with an electric whisk until the batter just comes together. Scrape half into the prepared tin. Weigh 85g blueberries from the punnet and sprinkle half into the tin, scrape the rest of the batter on top, then scatter the other half of the 85g berries on top. Bake for 1 hr 10 mins-1 hr 15 mins until golden and a skewer poked into the centre comes out clean.
2 Cool in the tin, then carefully lift onto a serving plate to ice. Sift the icing sugar into a bowl and stir in enough lemon juice to make a thick, smooth icing. Spread over the top of the cake, then decorate with lemon zest and edible flowers, if you like. Serve in slices with extra lemon curd, Greek yogurt and blueberries.

PER SERVING (8) 663 kcals, protein 10g, carbs 96g, fat 30g, sat fat 16g, fibre 1g, sugar 65g, salt 0.86g



Birthday biscuits

MAKES 24 ● PREP 30 MINS ● COOK 10 MINS Easy Un-iced

These are a twist on classic iced party rings, but the dough and icing would work just as well to make the biscuits in other shapes, such as stars or hearts.

250g/9oz plain white flour
85g/3oz golden caster sugar
175g/6oz unsalted butter at room temperature, cubed
2 tbsp lemon curd
250g/9oz white icing sugar
1 tbsp strawberry fruit spread (we used St Dalfour)

1 Heat oven to 180C/160C fan/gas 4. Put the flour, sugar and butter into a food processor. Whizz until the mixture forms crumbs, then pulse a little more until it forms a ball.
2 Spread a large sheet of baking parchment over the work surface and turn the dough onto it. Dust with a little flour, then roll out to about the thickness of two £1 coins. Stamp out 24 rounds using a 5cm round fluted cutter, then cut out the middles with the end of a piping nozzle. Carefully peel the rest of the mixture away from the stamped shapes. Lift onto baking sheets and bake for 10 mins until pale golden. Cool on a wire rack.
3 Put the lemon curd into a bowl with 2 tbsp boiling water and mix until smooth. Sieve in 175g of the icing sugar and stir together to make a smooth icing. Put the strawberry fruit spread in another bowl and add 2 tsp boiling water, mix, then sieve in the remaining icing sugar.
4 Spoon the lemon icing over the biscuits, then drizzle or pipe over the pinky icing. Leave to set for at least 20 mins. Will keep for up to 2 days in an airtight tin, longer if left un-iced.

PER BISCUIT 149 kcals, protein 1g, carbS 24g, fat 6g, sat fat 4g, fibre none, sugar 16g, salt 0.01g

Family favourite



Easy fluffy scones

MAKES 9 ● PREP 10 MINS ● COOK 12 MINS Easy ❄

These are the business – light but with a nice crusty outside, and ready in under 30 mins. Add 85g sultanas or chopped glacé cherries in with the sugar if that's how you like yours.

350g/12oz self-raising flour, plus more for dusting
¼ tsp salt
1 tsp baking powder
85g/3oz cold butter, cut into cubes
4 tbsp golden caster sugar
150g pot natural full-fat yogurt
4 tbsp full-fat milk
1 tsp vanilla extract
1 egg beaten with 1 tbsp milk, to glaze

1 Put a baking sheet in the oven at 220C/200C fan/gas 7. Put the flour, salt and baking powder into a food processor, then whizz in the butter until it disappears. Pulse in the sugar, tip into a large bowl, then make a well in the middle.
2 Warm the yogurt, milk and vanilla together in the microwave for 1 min or in a pan; it should be hot and may well go a bit lumpy-looking. Tip into the bowl and quickly work into the flour mix using a cutlery knife. As soon as it's all in, stop.
3 Tip the dough onto a floured surface, then, with floured hands, fold the dough over a few times – just enough to create a smooth-ish dough. Press out to about 4cm/1½in thick, dip a 7cm cutter into more flour, then stamp out 4 rounds, flouring the cutter each time. Squash the remainder lightly together, then repeat until the dough is used up. Brush tops with egg wash, scatter flour over the hot sheet, then lift the scones on. Bake for 12 mins until risen and golden. These are best eaten just-warm, or on the day.

PER SCONE 233 kcals, protein 5g, carbs 36g, fat 9g, sat fat 5g, fibre 1g, sugar 9g, salt 0.8g



Peach & almond muffins

MAKES 6 ● PREP 20 MINS ● COOK 25 MINS
Easy ❄ *Low fat*

3 large eggs
100g/4oz golden caster sugar, plus a little extra for sprinkling
few drops of almond extract
25g/1oz butter, melted
100g/4oz self-raising flour
25g/1oz ground almonds
2 small peaches, halved, stoned & sliced
2 tbsp peach conserve or apricot jam
1 tbsp flaked almonds
half-fat crème fraîche, to serve

1 Heat oven to 220C/fan 200C/gas 7. In a large bowl, use a whisk to mix eggs, sugar and almond extract together for 1 min until foamy. Pour in butter and beat until combined. Gently fold in flour, ground almonds and a pinch of salt.
2 Divide mix between 6 holes of a non- stick muffin tin. Top each with a blob of conserve or jam and arrange a few slices of peach on top. Scatter over almonds and a little extra sugar, then bake for 20-25 mins until puffed up and golden. Serve warm with a spoonful of half-fat crème fraîche, or leave to cool.

PER SERVING 245 kcals, protein 7g, carbs 34g, fat 10g, sat fat 3g, fibre 1g, sugar 17g, salt 0.34g



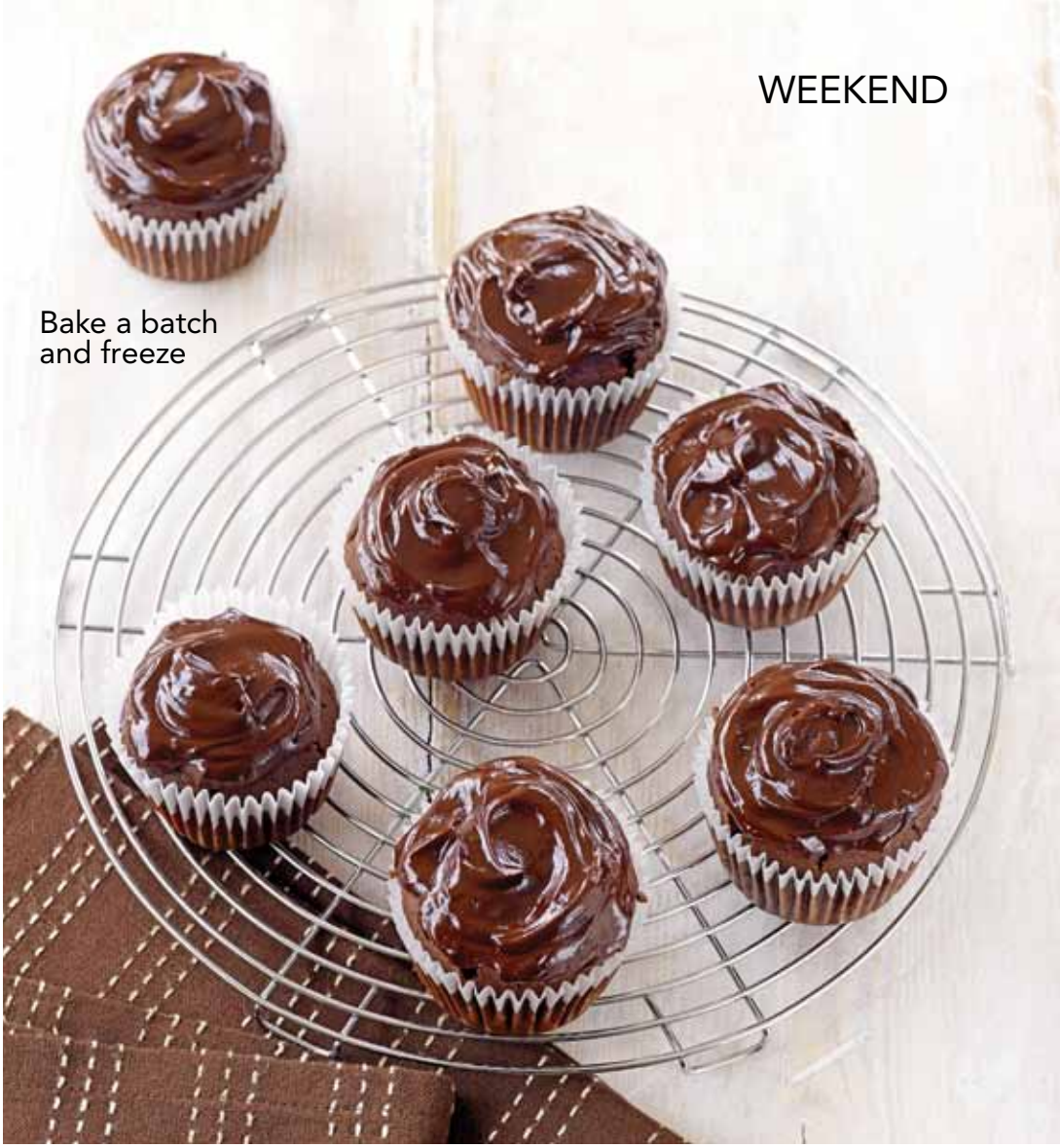
Chocolate chunk pecan cookies

MAKES 12 ● PREP 15 MINS ● COOK 12 MINS
Easy ❄

200g/7oz dark chocolate, broken into squares
100g/4oz butter, chopped
50g/2oz light muscovado sugar
85g/3oz golden caster sugar
1 tsp vanilla extract
1 egg, beaten
100g/4oz whole pecan nuts
100g/4oz plain flour
1 tsp bicarbonate of soda

1 Heat oven to 180C/160C fan/gas 4. Melt 85g chocolate in the microwave on High for 1 min or over a pan of simmering water.
2 Beat in the butter, sugars, vanilla and egg until smooth, then stir in three-quarters of both the nuts and remaining chocolate, then the flour and bicarbonate of soda.
3 Heap 12 spoonfuls, spaced apart, on 2 baking sheets (don't spread the mixture), then poke in the reserved nuts and chocolate. Bake for 12 mins until firm, then leave to cool on the sheets. Can be stored in a tin for up to 3 days.

PER COOKIE 294 kcals, protein 4g, carbs 27g, fat 20g, sat fat 8g, fibre 2g, sugar 17g, salt 0.44g



Bake a batch and freeze

Chocolate cupcakes

MAKES 10 ● PREP 15-20 MINS PLUS CHILLING ● COOK 20 MINS Easy ❄ Un-iced

300g/10oz dark chocolate, broken into chunks
200g/7oz self-raising flour
200g/7oz light muscovado sugar, plus 3 tbsp extra
6 tbsp cocoa
150ml/¼pt sunflower oil, plus a little extra for greasing
284ml tub soured cream
2 eggs
1 tsp vanilla extract

1 Heat oven to 180C/160C fan/gas 4 and line 10 holes of a muffin tin with paper cases. Whizz the chocolate into small pieces in a food processor. In a large mixing bowl, tip in the flour, sugar, cocoa, oil, 100ml soured cream, eggs, vanilla and 100ml water. Whisk together with an electric hand whisk until smooth, then quickly stir in 100g of the whizzed-up chocolate bits. Divide between the 10 cases, then bake for 20 mins until a skewer inserted comes out clean. Cool on a wire rack.
2 To make the icing, put the remaining chocolate bits, soured cream and 3 tbsp sugar in a small saucepan. Heat gently, stirring, until the chocolate is melted and the icing is smooth. Chill in the fridge until firm enough to swirl on the muffins.

PER CAKE 534 kcals, protein 6g, carbs 62g, fat 31g, sat fat 11g, fibre 2g, sugar 46g, salt 0.3g

Get baking!

Holding a cake sale is a great way to raise money for charity. *Sarah Cook*'s cute, but cheap, treats will get snapped up in no time

Cherry mallow traybake

CUTS INTO 15 SQUARES ● PREP 10 MINS PLUS COOLING ● COOK 35-40 MINS

Easy ❄ *Sponge only, un-iced*

44p per square

250g pack butter, softened
280g/10oz self-raising flour
250g/9oz golden caster sugar
½ tsp baking powder
4 eggs
150ml pot natural yogurt
1 tsp vanilla extract
85g/3oz red glacé cherries, chopped
50g/2oz white marshmallows, snipped into small chunks
TO DECORATE
250g/9oz white marshmallows
5 tbsp milk
8 red glacé cherries, halved

1 Heat oven to 180C/160C fan/gas 4. Line a 20 x 30cm baking or roasting tin with baking parchment. Beat together the butter, flour, sugar, baking powder, eggs, yogurt and vanilla. Stir in the chopped cherries and snipped marshmallows. Scrape into the tin and bake for 25-35 mins until a skewer poked in comes out clean. Cool.
2 To decorate, put the marshmallows into a pan with the milk and gently melt, stirring. Scrape into a bowl and cool, stirring occasionally, until thick enough to spread. Spread over the cake, dot over the halved cherries and slice into 15 squares.

PER SERVING 383 kcals, protein 5g, carbs 58g, fat 16g, sat fat 9g, fibre 1g, sugar 40g, salt 0.52g

Dotty banana fairy cakes

MAKES 12 ● PREP 30 MINS ● COOK 20-22 MINS Easy ❄ *Cakes only, un-iced*

19p per cake

100g/4oz caster sugar
100g/4oz butter, softened
140g/5oz self-raising flour
2 eggs
1 tsp vanilla extract
1 very ripe banana
TO DECORATE
140g/5oz icing sugar
100g/4oz ready-to-roll regal icing
red food colouring
hundreds and thousands

1 Heat oven to 180C/160C fan/gas 4. Line a 12-bun tin with fairy cake cases. Put the sugar, butter, flour, eggs, vanilla and banana in a big bowl together. Beat with an electric whisk until banana is mashed and everything mixed. Divide between the cases and bake for 20-22 mins until a skewer poked in comes out clean. Cool.
2 To decorate, mix the icing sugar with enough water to be spoonable, but not too runny or it will dribble off the cakes. Spread some over each cake. Knead some food colouring into the regal icing to make a bright red colour. Roll 12 different-size balls, dip one side or the top of each in some sprinkles and stick one on each cake.

PER SERVING 236 kcals, protein 2g, carbs 40g, fat 8g, sat fat 5g, fibre none, sugar 31g, salt 0.29g

Double choc shortbreads

MAKES 25 ● PREP 30 MINS PLUS CHILLING ● COOK 10-12 MINS

Easy ❄ *Biscuits only, un-iced*

15p per biscuit

200g/7oz butter, cubed
325g/11½oz plain flour, plus extra for rolling
100g/4oz caster sugar
1 tsp vanilla
2 egg yolks
100g/4oz dark or milk chocolate chips
200g bar white chocolate, melted
red writing icing tube

1 Rub the butter into the flour to make crumbs, then stir in sugar, vanilla, yolks and chocolate chips and bring together to form a dough. Roll out on a lightly floured surface and stamp out 6cm round biscuits. Re-roll the trimmings and repeat. Arrange on parchment-lined trays and chill for 30 mins.
2 Heat oven to 200C/180C fan/gas 6. Bake biscuits for 10-12 mins until golden. Cool. Spread each with white chocolate and leave to set. Decorate, or write on buyer's name with red icing on the spot, if you like.

PER SERVING 192 kcals, protein 2g, carbs 22g, fat 11g, sat fat 6g, fibre none, sugar 12g, salt 0.12g

Photographs PETER CASSIDY | Food styling RACHEL JUKES | Styling SILVANA FRANCO



Cherry mallow traybake

Dotty banana fairy cakes

Double choc shortbreads

It's BBQ time!

Vegetarians sometimes get a poor deal when it comes to barbecues, but these recipes show you don't need meat to make the most of cooking over coals



Green Gem salad

SERVES 8 ● PREP 5 MINS ● NO COOK Easy

5 Baby Gem lettuces, leaves separated and washed
1 red onion, thinly sliced
100g/4oz radishes, thinly sliced
juice ½ orange
1 tbsp olive oil
2 tsp white wine vinegar

1 Scatter the leaves, red onion and sliced radishes over a large platter.
2 Whisk together the orange juice, oil and vinegar with some seasoning, then drizzle over the salad to serve.

PER SERVING 24 kcals, protein 0.5g, carbs 2.1g, fat 1.6g, sat fat 0.2g, fibre 0.6g, sugar 1.8g, salt 0.01g

Corn & black bean salsa

SERVES 8 ● PREP 10 MINS ● TCOOK 45 MINS Easy

140g/5oz dried black beans, soaked overnight
326g or 330g can sweetcorn, drained
bunch spring onions, sliced (save one for the sweet potatoes, opposite)
½ large bunch coriander, leaves and stalks chopped, plus chopped stalks left over from the Cheese & chilli melts (left)
juice 2 limes
2 tbsp olive oil

1 Drain, then rinse the soaked beans. Cover with cold water, bring to the boil, then simmer for 45 mins or until tender. Drain again.
2 Mix the beans, corn, spring onions, coriander stalks and leaves, lime juice, oil and some seasoning together in a bowl. Cover, then chill for up to half a day until ready to serve.

PER SERVING 127 kcals, protein 5g, carbs 20g, fat 3g, sat fat 1g, fibre 3g, sugar 4g, salt 0.24g

Cheese & chilli melts

SERVES 8 ● PREP 15 MINS ● COOK 6 MINS
Easy *Assemble these at the last minute so they don't go soggy*

250g/9oz vegetarian strong cheddar, grated
4 tomatoes, roughly chopped
1 green or red chilli, deseeded and finely chopped
½ large bunch coriander, leaves roughly chopped (save stalks for salsa, right)
8 flour tortillas
oil, for brushing

1 Put the cheese, tomatoes, chilli and coriander leaves into a bowl with some seasoning, then mix well.
2 Warm the tortillas in the microwave according to pack instructions — this makes them more bendable. Divide the cheese mix over one half of each tortilla. Fold over the other half to make 8 half-moons, then press down to seal.
3 Brush the tops with a little oil, then sit, oil-side down, on a hot area of the barbecue. Cook for a couple of mins until crisp and golden, brush the uncooked side with oil, then flip over for another few mins. Slice into wedges, then pile onto a platter while you cook the rest.

PER MELT 298 kcals, protein 12g, carbs 24g, fat 18g, sat fat 8g, fibre 1g, sugar 3g, salt 1.84g

Barbecue-baked sweet potatoes

SERVES 8 ● PREP 15 MINS ● COOK 30 MINS Easy

8 medium sweet potatoes
4 tsp olive oil
4 tbsp Greek yogurt
1 spring onion, sliced

1 Rub each potato with a little oil and salt, then wrap in a double layer of foil. **2** As soon as the barbecue coals are glowing red, put the potatoes directly on them. Cook for 15 mins, turn with tongs, then cook for 15 mins more. Remove one, unwrap and check it is cooked through. **3** Peel back the top of the foil from each potato, split open and top with a spoonful of yogurt and a few spring onion slices.

PER SERVING 153 kcals, protein 2g, carbs 32g, fat 3g, sat fat 1g, fibre 4g, sugar 9g, salt 0.42g

Green Gem salad

Corn & black bean salsa

Cheese & chilli melts

Beany burgers with basil tzatziki

SERVES 4 ● PREP 10 MINS PLUS CHILLING ● COOK 15 MINS Easy

50g/2oz pine nuts
425g can borlotti beans, drained and rinsed
1 small red onion, finely chopped
2 tbsp sundried tomato paste
85g/3oz fresh breadcrumbs
1 tbsp fresh thyme leaves or 1 tsp dried
1 egg, beaten
sunflower oil, for frying
TO SERVE
Basil tzatziki (see recipe, right)
flatbreads, tortillas or pitta breads

1 Place a frying pan over a medium heat and lightly toast the pine nuts for 2-3 mins or until golden. Remove from the pan and set aside.
2 Put the borlotti beans into a large bowl and mash well with a potato masher or fork. Add the pine nuts, onion, tomato paste, half the breadcrumbs, thyme and egg. Season to taste, then gently mix together until thoroughly combined.
3 With slightly wet hands, shape the mixture into 4 burgers. Coat the outside of each burger with the remaining breadcrumbs. Cover and chill in the fridge for at least 30 mins.
4 Barbecue the burgers for 3-4 mins each side, until golden. Drain on kitchen paper, then serve in warmed flatbreads, tortillas or pitta breads and spoon over the Basil tzatziki.

PER SERVING 350 kcals, protein 11g, carbs 29g, fat 22g, sat fat 3g, fibre 4g, sugar 2g, salt 1g

Basil tzatziki

SERVES 4 ● PREP 10 MINS ● NO COOK

Mix together 200g pot reduced-fat Greek yogurt, 1 crushed garlic clove, zest 1 lemon and a handful shredded basil leaves. Season to taste and serve.

PER SERVING 42 kcals, protein 3.2g, carbs 1.8g, fat 2.5g, sat fat 1.6g, fibre none, sugar 1.5g, salt 0.09g



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The family table

BBC Good Food ME catches up with executive chef Izu Ani to talk about his culinary inspiration and the concept behind the exquisite dining experience at La Petite Maison in DIFC



What is your first food memory?
My first food memory is my mother's cooking, which was African in style and flavour. She worked very hard to raise us and eating healthy, fresh food cooked at home was a very important part of our upbringing as children.

How would you describe your personal style of cooking?
In one word, my style of cooking is simple. Concentrating on quality and having an innate understanding of the raw produce is the starting point – this is how I look at cooking. I have found that when you understand the actual produce, that's when you can start to properly cook. Understanding where it comes from and how it is grown enables you to use the produce to its full potential.

La Petite Maison has recently opened, what have you enjoyed most about it, and what has been the greatest challenge?
I have seen the transformation of La Petite Maison Dubai from its very beginning. Nothing was built, the restaurant was just a shell and it was so exciting to see everything come together, from the decor of the restaurant to the food itself. But one of the most enjoyable experiences thus far is having the privilege to work with the current La Petite Maison Dubai team. From the kitchen, to the front of house, and not to forget our office support team – they are an incredibly hard-working, great bunch of colleagues.

How would you describe the food concept of La Petite Maison?
It's simple, unfussy, delicious food, cooked on the spot. Again, we concentrate on the quality of produce itself because it allows us not to over-complicate the dishes that we create. So when you eat at La Petite Maison, you understand what you're eating. It's like a delicious meal that one of your closest friends or family members would prepare for you in a warm and gracious setting.

What are some of your favourite dishes on the menu, and why?
I personally adore both our buratta and warm prawns in olive oil – they represent exactly what La Petite Maison Dubai is all about. We take the buratta directly from the producer in Italy – it's an amazingly soft and creamy-cheese in texture and then all we do is add seasoned tomatoes, salt, pepper and fresh basil leaves. For the warm prawns, we cook it for about a minute and half, take it off the shell, add a little bit of Italian olive oil, and add lemon juice, salt, pepper and finish with fresh basil. Both dishes are simple, delicious and extremely memorable for me.

What brings you the greatest joy as a chef?
I feel truly rewarded when from the kitchen, I can see a full restaurant with at least 99 percent of our guests leaving happy. You might ask why only 99 percent – I am person that strives for perfection, but I am also a realist who appreciates that it's very tough to please everyone all of the time. But at La Petite Maison, we give our full efforts to ensure that our guests love the food, the atmosphere and the service, and we have received a very warm welcome in Dubai so far.

What are your top three essential ingredients, and why?
I have found that salt, pepper and fresh herbs are the ingredients which bring everything to life. This has been recognised in the feedback we have received about how well our dishes are seasoned at La Petite Maison. Of course, we always include a pinch of passion to finish!

When creating dinner at home for friends and family, what do you like to prepare?
I try to replicate my mom's authentic African cooking – she had a very strong impact on my career direction and on my work ethic, so I cook her cuisine in honour of all that she did for me and our family.

Chocolate or cheese?
It has to be cheese. That's one of the culinary pleasures which my wife and I enjoy together... of course, she is French!



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